

Pola Teeth Whitening- Post Op Instructions:

- If you are a smoker, do not smoke for 48 hours.
- Stay away from highly colored foods (red sauce, blueberries, etc.) and beverages (coffee, tea, etc.) for 48 hours.
- Mild sensitivity to hot or cold liquids may occur. To help, purchase a sensitivity toothpaste to help. This usually passes within 1-4 days. If sensitivity is severe or persists, contact us at 206-292-9980
- If you experience gum sensitivity do not brush the afflicted area for a couple of days
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.)
- “Touch-up” treatments may be needed every 6-12 months to retain color. Touch ups can be done with the whitening trays and the gel tubes. Touch up instructions are to apply a limited amount of gel for 30 minutes to an hour for about 4-5 days and let the colour settle.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.
- If your family or friends notice your new smile, let them know that pola whitening can help improve their smile too!