

6% HYDROGEN PEROXIDE

ADVANCED TOOTH

WHITENING SYSTEM

INSTRUCTIONS FOR USE

Pola Office+ is a hydrogen peroxide based in-office tooth whitening system requiring minimal chair time. It contains desensitizers to maximize patient comfort. The dual barrel syringe system mixes as the gel is applied directly to the tooth.

INDICATIONS:

1. Whitening of discoloured vital teeth.
2. Whitening of discoloured non-vital teeth.

INGREDIENTS: Aqua, Hydrogen Peroxide, PVP, Sodium Hydroxide, Potassium Nitrate, Ultramarines

NET WEIGHT:

Depending on kit purchased, 3.3g syringes.
Please refer to outside of box.

INSTRUCTIONS FOR VITAL TOOTH WHITENING:

1. Determine and record pre-operative shade. Please follow this Vita* shade guide arrangement according to degree of brightness: B1•A1•B2•D2•A2•C1•C2•D4•A3•D3•B3•A3.5•B4•C3•A4•C4
2. Clean teeth with ONLY a flour based pumice.
3. Place cheek retractors and then cover exposed lip surface with petroleum gel.
4. **Firmly** attach a mixing nozzle to the Pola Office+ syringe away from patient. Dispense a small amount of gel on to a mixing pad until a uniform gel is extruded.
5. Using the nozzle as a guide, directly apply a **thin** layer of gel to all teeth undergoing treatment. A thin layer will help prevent the gel from running. NOTE: It is best not to lift the nozzle when moving from tooth to tooth. Use a continuous motion.
6. Leave gel on for 15 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations).
7. Suction off using a surgical aspirator tip. Note: It is normal for a residual layer of gel to remain on the surface of the teeth.
8. Repeat steps 5-7 three times (optional 4 times).
9. After the last application, suction all the gel off, then wash and apply suction.
10. Record the final shade.

TIPS FOR VITAL TOOTH WHITENING:

1. Select appropriate candidate. Note: Not everyone is suitable for in-office whitening e.g. patient with translucent teeth or in the Vita* C group.
2. Patient must have good overall health.
3. Seal all exposed roots and restorations.
4. Inform patient that results are not guaranteed as the removal of stains varies between patients.
5. Acid etching before treatment is NOT recommended.
6. Large diameter suction tips are NOT recommended as they can spread the gel to other areas.
7. Mild discomfort in teeth during treatment can be a common side effect.
8. If patient experiences sensitivity during light curing, move the tip slightly away from the tooth. If this doesn't work, remove gel and rinse the affected area. Assess other possible causes.
9. Delay any esthetic restorations for 2 to 4 weeks after treatment.
10. Advise patient not to smoke, consume highly coloured, hot or cold foods or beverages for at least 2 days.
11. Treat any post-operative sensitivity with a desensitising gel or toothpaste.
12. Prescribe Pola Day or Pola Night to maintain brightness if desired.
13. A patient consent form is available for download at www.sdi.com.au

INSTRUCTIONS FOR NON-VITAL TOOTH WHITENING:

1. Determine and record pre-operative shade. Please follow this Vita* shade guide arrangement according to degree of brightness: B1•A1•B2•D2•A2•C1•C2•D4•A3•D3•B3•A3.5•B4•C3•A4•C4
2. Open lingual access to pulp chamber and remove all composite, base material and gutta percha 2-3 mm apical to the CE junction. Place a glass ionomer/zinc phosphate base, at least 1 mm thick to ensure a barrier between the "sealed" root canal and whitening gel.
3. Place the Pola Office+ gel into the opened pulp chamber and onto the labial surface.
4. Leave gel on/in for 15 minutes (Optional: curing light may be used at this stage, please refer to light manufacturer's recommendations) NOTE: If using a curing light and treating inner and outer surfaces, two curing lights can be used (one on each side of tooth) to activate Pola Office+.
5. Suction off the gel.
6. Repeat steps 3-5 until desired shade is achieved.
7. After the last application, suction and wash the gel off.
8. Record the final shade.

*Vita shade guide is a trademark of VITA Zahnfabrik, H. Rauter GmbH & Co. KG, D-79713 Säckingen, Germany

TIPS FOR NON-VITAL TOOTH WHITENING:

1. Isolate tooth effectively.
2. Verify adequate endodontic obturation.
3. Use protective barrier to prevent peroxide from reaching the periodontal ligament.
4. Avoid acid etching as periodontal ligament irritation may result.
5. Advise the patient that a whitened non-vital tooth will not look the same as a vital tooth.
6. Recall patients periodically to examine the whitened teeth (clinically & radiographically).

FOR EFFECTIVE RESULTS:

- Do not eat, drink or smoke during treatment.
- Do not smoke immediately after treatment - wait for at least two hours.
- Foods and drinks containing strong colours should be avoided for at least 48 hours after the treatment period or consumed in moderation.
- Use gel at room temperature.

STORAGE AND HANDLING:

- Store in a cool place and out of direct sunlight at temperatures between 2°-25°C (35°-77°F).
- Do not use after expiration date.

PRECAUTIONS:

- **To be only sold to dental practitioners.** For each cycle of use, the first use to be only done by dental practitioners or under their direct supervision if an equivalent level of safety is ensured. Afterwards to be provided to the consumer to complete the cycle of use.
- Not to be used by pregnant, lactating women or persons under 18 years of age.
- Keep out of reach of children and pets.
- Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using these products.
- Discontinue use if any unusual sensitivity or reactions occur. Consult your dentist.
- MSDS available at www.sdi.com.au or contact your regional representative.
- Do not remove syringe from wrapper until ready to use - Pola Office+ is heat and light sensitive.
- Single use only - do not recap un-used material in syringe, as contaminant of the two gels will render Pola Office+ unstable.
- Pola Office+ syringes may be under pressure - remove cap and attach nozzle with caution.
- Contains Hydrogen Peroxide.

FIRST AID:

- **Eye (contact):** Avoid contact with eyes, rinse immediately if product comes into contact with them. Seek medical advice.
- **Skin (contact):** Wash thoroughly with water and seek medical advice if symptoms persist.
- **Ingestion (large amount):** Do not induce vomiting. Drink plenty of milk or water and seek medical advice.

PACKAGING:3 Patient Kit

3 x 2.8mL Pola Office+ syringes

accessories

1 Patient Kit

1 x 2.8mL Pola Office+ syringes

accessories

Last Revision : 2013-06

Made in Australia by SDI Limited

Bayswater, Victoria 3153

Australia 1 800 337 003

Austria 00800 022 55 734

Brazil 0800 770 1735

France 00800 022 55 734

Germany 0800 100 5759

Ireland 01 886 9577

Italy 800 780625

New Zealand 0800 734 034

Spain 00800 022 55 734

United Kingdom 00800 022 55 734

USA & Canada 1 800 228 5166

www.sdi.com.au

www.polawhite.com.au

EC REP

SDI Dental Limited

Block 8, St Johns Court

Swords Road, Santry

Dublin 9, Ireland

Tel +353 1 886 9577

