

3% & 6% hydrogen peroxide  
10% & 16% carbamide peroxide  
Advanced tooth whitening system

## INSTRUCTIONS FOR USE FOR PATIENTS AND DENTAL PROFESSIONALS

Pola Day and Pola Night are high viscosity, neutral pH take home tooth whitening gels. Both are pleasantly flavoured, crystal clear sustained release gels with a unique blend of soothers, conditioners and a water content high enough to further reduce sensitivity.

### INDICATIONS FOR USE:

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

### INGREDIENTS:

Pola Day: Glycerin, Aqua, PEG-12, Hydrogen Peroxide, Carbomer, Sodium Hydroxide, Aroma, Sodium Fluoride

Pola Night: Glycerin, Aqua, Peg-12, Carbamide Peroxide, Carbomer, Sodium Hydroxide, Aroma, Sodium Fluoride

### NET WEIGHT:

Depending on kit purchased, 1.3g syringes or 3g syringes. Please refer to outside of box.

### HYDROGEN PEROXIDE EQUIVALENT:

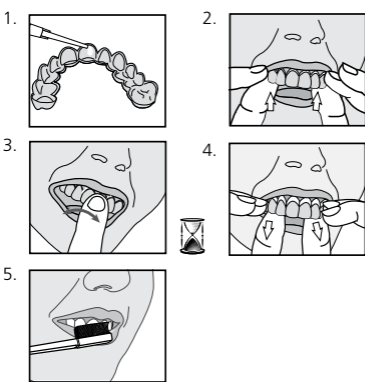
- Pola Night 10% Carbamide Peroxide = 3.6% Hydrogen Peroxide
- Pola Night 16% Carbamide Peroxide = 5.7% Hydrogen Peroxide

### TREATMENT GUIDELINES:

	3%	6%
Pola Day	2 or 3 x 30 minutes / day <b>or</b> 1 x 60 minutes / day	1 or 2 x 30 minutes / day <b>or</b> 1 x 45 minutes / day
	10%	16%
Pola Night	1 x 2 hours / day to overnight	1 x 90 minutes / day to overnight

### INSTRUCTIONS:

1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
2. Seat the tray, with the gel around the teeth.
3. Wipe away excess gel in mouth with a tissue or dry soft brush.
4. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
5. Brush teeth.



### 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 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 person under 18 years old.
- 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](http://www.sdi.com.au) or contact your regional representative.

### FIRST AID:

- **Eye (contact):** Avoid contact with eyes, rinse immediately if product comes into contact with them. Seek medical advice if symptoms persist.
- **Skin (contact):** Wash thoroughly with water and seek medical advice if symptoms persist.
- **Ingestion (large amount):** Drink plenty of milk or water and seek medical advice.

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](http://www.sdi.com.au)  
[www.polawhite.com.au](http://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

