

ADVANCED TOOTH WHITENING
SYSTEM

INSTRUCTIONS FOR USE

Pola Office is a hydrogen peroxide based in-office tooth whitening system requiring minimal chair time. It is a neutral pH gel and contains desensitizers to maximize patient comfort.

INDICATIONS:

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

COMPOSITION:

Pola Office Liquid 35% Hydrogen peroxide
65% Water

Pola Office Powder 73.26% Thickeners
26.2% Catalysts
0.04% Dye
0.5% Desensitizing agents

Gingival Barrier 83.95% Methacrylic ester
16% Silica
0.04% Pigment
0.01% Butylated hydroxy toluene

NET WEIGHT:

Depending on kit purchased. Please refer to outside of box:

Pola Office: 1 syringe and 1 pot: 0.3g Bleach powder
2.25g Hydrogen peroxide liquid
1g Gingival Barrier

Pola Office Bulk Kit: 3g Bleach powder
22.5g Hydrogen peroxide liquid
3g Gingival Barrier

PRECAUTIONS:

- Corrosive. Attacks eyes – protect eyes when using. Avoid contact with skin.
- For professional use only.
- Patient must wear protective eyewear.
- Operators must wear gloves, mask and protective eyewear.
- Do not use on pregnant or lactating women.
- Do not use on children under 14 years of age.
- Do not use the Gingival Barrier on any persons having known resin allergies.
- Do not use Pola Office on any persons having known peroxides allergies.
- Anyone with a history of chemical allergies is advised to undergo allergy checks before treatment.
- Do NOT anaesthetize patient.
- Pola Office Liquid syringe may be under pressure – remove cap carefully.
- Do not allow mixed gel or Pola Office Liquid to come in contact with skin, eyes and soft tissues.
- Pola Office will not lighten any restorative materials.
- Do not use on patients with extremely sensitive teeth.

FIRST AID:

- For advice, contact a Poisons Information Centre (Australia 131 126, New Zealand 0800 764 766) or a doctor. Urgent hospital treatment is likely to be needed.
- SKIN/TISSUES (contact):** Immediately wash thoroughly with water. Apply a slurry of sodium bicarbonate and water to the affected area. Seek medical attention if symptom persists.
- EYES (contact):** Open the eye wide and thoroughly wash for 15 minutes with running water. Continue flushing until advised to stop by the Poisons Information Centre or a doctor, or for at least 15 minutes.
- INGESTION:** If swallowed, do not induce vomiting. Rinse mouth with water. Gargle with salt water and drink lots of milk. Seek medical attention if symptoms persist.
- INHALATION:** Remove to fresh air. If breathing is difficult, seek medical attention.

STORAGE AND HANDLING:

Store in cool place (2°-25°C / 35°-77°F). Do not use after expiration date.

TIPS:

- Select appropriate candidate. Note: Not everyone is suitable for in-office whitening e.g. patient with translucent teeth or in the Vita* C group.
- Patient must have good overall health.
- Seal all exposed roots and restorations.
- Inform patient that results are not guaranteed as the removal of stains varies between patients.
- Acid etching before treatment is NOT recommended.
- Large diameter suction tips are not recommended as they can spread the gel to other areas.
- Mild discomfort in teeth during treatment can be a common side effect.
- 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.
- Delay any esthetic restorations for 2 to 4 weeks after treatment.
- Advise patient not to smoke, consume highly coloured, hot or cold foods or beverages for at least 2 days.
- Treat any post-operative sensitivity with a desensitising gel or toothpaste.
- Prescribe Pola Day or Pola Night to maintain brightness if desired.
- A patient consent form is available for download at www.sdi.com.au

INSTRUCTIONS FOR VITAL TOOTH WHITENING:

- 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
- Clean teeth with ONLY a flour based pumice.
- Place cheek retractors and then cover exposed lip surface with petroleum gel.
- Dry teeth and apply Gingival Barrier to both arches, slightly overlapping enamel and interproximal spaces.
- Light cure in a fanning motion for 10-20 seconds until Gingival Barrier is cured.
- Open powder pot. Take one Pola Office syringe, **firmly** attach a tip, and **carefully pull back** plunger to release pressure.
- Carefully** extrude contents of syringe into the pot.
- Immediately mix using a brush applicator until gel is homogeneous.
- Apply a **thick** layer of gel to all teeth undergoing treatment.
- Leave gel on for 8 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations)
- Suction off using a surgical aspirator tip.
- Complete Steps 9-11 three times (optional 4 times). Note: One pot should only be used for 2 applications or within 20 minutes of mixing.
- After the last application, suction all the gel off, then wash and apply suction.
- Remove Gingival Barrier by lifting it from one end.

TIPS FOR NON-VITAL TOOTH WHITENING:

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

INSTRUCTIONS FOR NON-VITAL TOOTH WHITENING:

- 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
- Isolate tooth/teeth undergoing whitening using a rubber dam. Ensure the dam fits tightly at the cervical margin. Note: If a rubber dam is not used, cover approximately half of the adjacent vital teeth with 3-4mm thick layer of Gingival Barrier to insulate from heat discomfort of the curing light. This is done when one tooth is being whitened non-vitaly.
- 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.
- Place and light cure a thick layer of Gingival Barrier at the gingiva region of the isolated tooth.
- Mix the Pola Office gel as instructed in steps 6-8 of the vital tooth bleaching instructions.
- Place the Pola Office gel into the opened pulp chamber and onto the labial surface.
- Leave gel on/in for 8 min (Optional: curing light may be used at this stage, please refer to light manufactures recommendations)
NOTE: If using a curing light and treating inner and outer surfaces, 2 curing lights can be used (one on each side of tooth) to activate Pola Office.
- Suction off the gel.
- Repeat steps 6-8 until desired shade is achieved. Note: One pot should only be used for 2 applications or within 20 minutes of mixing.
- After the last application, suction and wash the gel off.
- Remove Gingival Barrier and re-seal tooth with appropriate restorative.
- Record the final shade.

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

PACKAGING:Pola Office 1 Patient Kit

2 x 0.3g Pola Office powder pots
2 X 2mL Pola Office syringes
1 x 1g Gingival Barrier syringe
Accessories

Pola Office 3 Patient Kit

6 x 0.3g Pola Office powder pots
6 X 2mL Pola Office syringes
3 x 1g Gingival Barrier syringes
Accessories

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
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