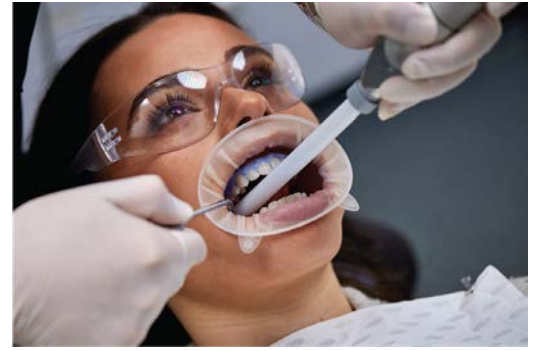


POLA RAPID

ADVANCED TOOTH
WHITENING SYSTEM



STEP BY STEP GUIDE

STORAGE: We recommend refrigeration for long term storage and particularly in warmer climates. Prior to patient arrival, remove kit from refrigeration and bring to room temperature.

IMPORTANT: Cold gel below room temperature will significantly reduce effectiveness.

TIP: Warming the gel in tepid luke-warm water (35-37 ° C) may further increase effectiveness.

1. Determine and record pre-operative shade using the Vita* shade guide and record by taking photographs.
2. Clean teeth with **ONLY** a flour-based pumice.
3. Place cheek retractors (Optragate).
4. Dry teeth and apply Gingival Barrier to both arches, slightly overlapping enamel and interproximal spaces. **NOTE:** Dry the gingival crevices carefully to reduce excessive crevicular fluid to ensure a good seal and avoid peroxide contacting the soft tissue. **TIP:** If further isolation is required a roped gauze or cotton roll may be used up under the top and bottom lip, in the sulcus areas and to open the bite.
5. Light cure in a fanning motion for 10-20 seconds until the Gingival Barrier is cured.
6. **FIRMLY** attach a mixing nozzle to the Pola Rapid syringe away from patient, and insert the plunger. Dispense a small amount of gel onto a mixing pad until a uniform blue gel is extruded.
7. 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. **TIP:** It is best not to lift the nozzle when moving from tooth to tooth. Use a continuous motion.
8. Leave the gel on for a minimum of 8 minutes. If required, the gel can be used for up-to 15 mins per application to optimise results. **OPTIONAL:** A curing light may be used at this stage, Radian Xpert or Radian Plus.
9. Suction off using an aspirator tip. **NOTE:** It is normal for a residue layer of gel to remain on the surface of the teeth. **TIP:** To avoid blocking the aspirator tip use a cup of warm water and siphon between suctioning the gel.
10. Repeat steps 7-9 above, three times. (Optional 4 times to assist reaching a desired result).
11. After the last application, suction all the gel off, then wash and apply suction.
12. Remove Gingival Barrier by lifting it from one end.
13. Record the final shade.



POLA ADVANCED TOOTH
WHITENING SYSTEM

FOR MORE INFORMATION VISIT
polawhite.com.au

Scan QR code
for step by step
instructions.

