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In-Office & Take-home tooth whitening treatment guide

Step 1: Record the starting shade following the Vita* shade guide. Set realistic expectations with the patient on the agreed shade.

Step 2: Depending on the current shade and the condition of the patient's teeth, please use the below guide to recommend a Pola product.

Step 3: Provide Post Op instructions to the patients.

Step 4: Get patient to do a follow up appointment.

Step 5: Ask patient for a testimonial.

Patient type	APPRX. DAYS (suggested)	Pola Light 9.5% HP, 22% CP	Pola Day	Pola Night	Pola Day CP 35% CP	Pola Office+ 37.5% HP
Lighter shades - Younger patients with minimal staining (14 - 21 years)	3 - 5 days	9.5% HP, 22% CP		22% CP	✓	✓
Medium shades - Recommended for patients with moderate staining	5 - 7 days	9.5% HP, 22% CP	9.5% HP	10% CP, 16% CP, 22% CP	✓	✓
Darker shades - Patients with heavier stains	10 - 14 days	9.5% HP	9.5% HP	16% CP, 22% CP	✓	✓
Patients undergoing Aligner treatment	10 - 14 days			10% CP		
Patients 45+ and/ or patients with more intrinsic staining. This can be due to medications taken	10 - 14 days	9.5% HP	9.5% HP	22% CP	✓	✓
Patients with gingival recession or incisal wear or abfraction lesions	3 - 5 days			10% CP		

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

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Pola concentrations cheat sheet

Pola Day 9.5%

Hydrogen Peroxide - Ideal for the A & B shades, patients with limited to no discomfort. They will do 1 treatment a day for 30 minutes if they are using a custom tray.



Pola Day CP 35%

Ideal for non-vital tooth whitening, if patients are using this concentration to whiten daily, they will do 1 treatment a day for 15 minutes.



Pola Night 16%

Carbamide Peroxide - Ideal for the C & D shades, this concentration is worn for a minimum of 90 minutes to overnight and stays active the longest giving it time to break down the long stain molecules.



Pola Night 22%

Carbamide Peroxide - Ideal for patients that have expressed sensitivity concerns already but still want something quick. They will do 1 treatment a day for 45 minutes.

Pola Night 10%

Carbamide Peroxide - This concentration can be used in conjunction with aligner therapy, the patient can wear a minimum of 2 hours to overnight in their aligners.



Pola Light 9.5%

Hydrogen Peroxide (Red/Blue Light) This is a prefabricated option for a quick 5 day whitening boost, no impressions or custom tray lab work needed. The patient will complete 2 x 10 minute treatments a day.

Pola Light 22%

Carbamide Peroxide (Blue Light), the patient will complete 2 x 15 minute treatments a day.



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