

# POLA

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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 for Aligners 10% CP / 35% CP	Pola Day CP 35% CP	Pola Rapid 38% HP	Pola Luminate 6% HP (for maintenance)
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	7.5% HP, 9.5% HP	10% CP, 16% CP, 22% CP		✓	✓	✓
Darker shades - Patients with heavier stains	10 - 14 days	9.5% HP	7.5% HP, 9.5% HP	10% CP, 16% CP, 22% CP		✓	✓	✓
Patients undergoing Aligner treatment	10 - 14 days				✓			
Patients 45+ and/ or patients with more intrinsic staining. This can be due to medications taken	10 - 14 days	9.5% HP	7.5% 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 7.5%, 9.5% HP

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 35% CP

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 10%, 16% CP

Ideal for the C & D shades, this concentration is worn for a minimum of 60-90 minutes to overnight and stays active the longest giving it time to break down the long stain molecules.



## Pola Night 22% CP

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 For Aligners 10%, 35% CP

This concentration can be used in conjunction with aligner therapy, the patient can wear a minimum of 2 hours to overnight in their aligners with 10% CP and 15-30 minutes with 35% CP.



## Pola Light 9.5% HP

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% CP

The patient will complete 2 x 15 minute treatments a day.



## Pola Luminare 6% HP

Patients can use Pola Luminare to top up their whitening between treatments—just brush it on for a whiter smile on the go.



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