

# POLA

SDI

## 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 6% HP, 9.5% HP | Pola Day         | Pola Night                     | Pola for Aligners 10% 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              | 6% HP, 9.5% HP            | 7.5% HP, 9.5% HP | 22% CP                         |                          | ✓                  | ✓                 | ✓                                     |
| Medium shades - Recommended for patients with moderate staining                                  | 5 - 7 days              | 6% HP, 9.5% HP            | 7.5% HP, 9.5% HP | 10% CP, 16% CP, 18% 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, 18% 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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Brighter You.

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# Pola concentrations cheat sheet

## Pola Day 6% , 7.5% and 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%, 18% 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% 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.



## Pola Light 6%, 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 Luminate 6% HP

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



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