



# POLA OFFICE+

## ADVANCED TOOTH WHITENING SYSTEM

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### 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. The dual barrel syringe system mixes as the gel is applied directly to the tooth.

#### INDICATIONS:

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

#### NET WEIGHT:

Depending on kit purchased. Please refer to outside of box:  
Pola Office+ syringe: 3.3g gel

#### CONTRA-INDICATIONS:

1. Do not use on pregnant or lactating women.
2. Do not use on children under 14 years of age.
3. Do not use the Gingival Barrier on any persons having known resin allergies.
4. Do not use Pola Office+ on any persons having known peroxides allergies.
5. Pola Office+ will not lighten any restorative materials.
6. Do not use on patients with extremely sensitive teeth.

#### PRECAUTIONS:

1. Corrosive. Attacks eyes – protect eyes when using. Avoid contact with skin.
2. For professional use only.
3. Do not remove syringe from wrapper until ready to use - Pola Office+ is heat and light sensitive.
4. Keep out of reach of children.
5. SDS available at [www.sdi.com.au](http://www.sdi.com.au) or contact your regional representative.
6. Pola Office+ syringes may be under pressure - remove cap and attach nozzle with caution.
7. Patient must wear protective eyewear.
8. Operators must wear gloves, mask and protective eyewear.
9. Anyone with a history of chemical allergies is advised to undergo allergy checks before treatment.
10. Do NOT anesthetize patient.
11. Do not allow Pola Office+ gel to come in contact with skin, eyes and soft tissues.

#### FIRST AID:

- For advice, contact a Poisons Information Centre (Australia 13 11 26, New Zealand 0800 764 766) or a doctor (at once). Urgent hospital treatment is likely to be needed.
- **SKIN/TISSUES (contact):** If skin or hair contact occurs remove contaminated clothing and flush skin and hair with running water. Apply a slurry of sodium bicarbonate and water to the affected area. Seek medical attention if symptom persists.
- **EYES (contact):** If in eyes, hold eyelids apart and flush the eye continuously with running water. Continue flushing until advised to stop by a Poisons Information Centre (Australia 13 11 26, New Zealand 0800 764 766) or a doctor, or for at least 15 minutes.
- **INGESTION:** If swallowed, do NOT induce vomiting. Immediately give a glass of water. Rinse mouth with water. Gargle with salt water and drink lots of milk. Seek medical attention if symptoms persist.
- **INHALATION:** No symptoms expected.

#### STORAGE AND HANDLING:

Store in a cool place (2°-25°C / 35°-77°F). For best results, keep refrigerated.

#### TIPS:

1. Select appropriate candidate. Note: Not everyone is suitable for in-office whitening e.g. patient with translucent teeth or in the Vita\* C group.
2. Patient must have good overall health.
3. Seal all exposed roots and restorations.
4. Inform patient that results are not guaranteed as the removal of stains varies between patients.
5. Acid etching before treatment is NOT recommended.
6. Large diameter suction tips are not recommended as they can spread the gel to other areas.
7. Mild discomfort in teeth during treatment can be a common side effect.
8. 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.
9. Delay any esthetic restorations for 2 to 4 weeks after treatment.
10. Advise patient not to smoke, consume highly coloured, hot or cold foods or beverages for at least 2 days.
11. Treat any post-operative sensitivity with a desensitising gel or toothpaste.
12. Prescribe Pola Day or Pola Night to maintain brightness if desired.
13. A patient consent form is available for download at [www.sdi.com.au](http://www.sdi.com.au)

#### INSTRUCTIONS FOR VITAL TOOTH WHITENING:

1. 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
2. Clean teeth with ONLY a flour based pumice.
3. Place cheek retractors and then cover exposed lip surface with petroleum gel.
4. Dry teeth and apply Gingival Barrier to both arches, slightly overlapping enamel and interproximal spaces.
5. Light cure in a fanning motion for 10-20 seconds until Gingival Barrier is cured.
6. **Firmly** attach a mixing nozzle to the Pola Office+ syringe away from patient. Dispense a small amount of gel on to 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. NOTE: It is best not to lift the nozzle when moving from tooth to tooth. Use a continuous motion.
8. Leave gel on for 8 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations).
9. Suction off using a surgical aspirator tip. Note: It is normal for a residue layer of gel to remain on the surface of the teeth.
10. Repeat steps 7-9 three times (optional 4 times).
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.

#### TIPS FOR NON-VITAL TOOTH WHITENING:

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

#### INSTRUCTIONS FOR NON-VITAL TOOTH WHITENING:

1. 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
2. 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-vitally.
3. 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.
4. Place the Pola Office+ gel into the opened pulp chamber and onto the labial surface.
5. 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+.

6. Suction off the gel.
7. Repeat **steps** 4-6 until desired shade is achieved.
8. After the last application, suction and wash the gel off.
9. Record the final shade.

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

#### PACKAGING:

##### 3 Patient Kit

3 x 2.8mL Pola Office+ syringes  
3 x 1g gingival barrier syringes  
accessories

##### 1 Patient Kit

1 x 2.8mL Pola Office+ syringes  
1 x 1g gingival barrier syringes  
accessories

Made in Australia by SDI Limited  
 Bayswater, Victoria 3153  
 Australia 1 800 337 003  
 Austria 00800 0225 5734  
 Brazil 0800 770 1735  
 France 00800 0225 5734  
 Germany 0800 1005759  
 Italy 00800 0225 5734  
 New Zealand 0800 734 034  
 Spain 00800 0225 5734  
 United Kingdom 00800 0225 5734  
 USA & Canada 1 800 228 5166  
[www.sdi.com.au](http://www.sdi.com.au)  
[www.polawhite.com.au](http://www.polawhite.com.au)

