INSTRUCTIONS FOR ADVANCED TOOTH WHITENING SYSTEM

INSTRUCTIONS FOR USE

Pola Office is a hydrogen peroxide in-office tooth whitening system that contains desensitizers to maximize patient comfort. It is a neutral pH gel that is highly concentrated. The materials that are used are:

- 2 0.3g Pola Office powder pots
- 6 X 2mL Pola Office syringes
- 1g Gingival Barrier
- 2.25g Hydrogen peroxide liquid
- 1g Pola Office Bulk Kit: 3g Bleach powder
- 1g Gingival Barrier
- 1g Polawhite Desensitising Gel
- Polawhite Toothpaste

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. 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 the peroxide and staining material may not be complete.

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. Mild discomfort in teeth during treatment can be a common side effect.

8. Petrolatum gel used as a protective barrier to prevent peroxide from reaching the periodontal ligament.

9. Apply a slurry of sodium bicarbonate and water to the affected area. Seek medical attention if symptom persists.

10. Leave gel on for 8 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations)

11. Remove Gingival Barrier and re-seal tooth with appropriate materials.

12. Record the final shade.

13. After the last application, suction all the gel off, then wash and rinses the mouth.

14. Do not use on patients with extremely sensitive teeth.

15. Do not use on children under 14 years of age.

16. Do not use on pregnant or lactating women.

17. Do not use on persons having known resin allergies.

18. Do not use on patients with extremely sensitive teeth.

TIPS:

- 2. Do not use on children under 14 years of age.
- 3. Do not use on pregnant or lactating women.
- 4. Do not use on persons having known resin allergies.
- 5. Do not use on patients with extremely sensitive teeth.

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. Patient must have good overall health.

3. Clean teeth with ONLY a flour based pumice.

4. Open lingual access to pulp chamber and remove all composite, base and caries.

5. Place cheek retractors and then cover exposed lip surface with petroleum jelly.

6. Place the Pola Office gel into the opened pulp chamber and onto the labial surface.

7. Carefully and carefully pull back an attachment to create a pulp chamber depth. If this doesn't work, remove gel and tighten the barriers.

8. Remove Gingival Barrier and re-seal tooth with appropriate materials.

9. Recall patients periodically to examine the whitened teeth (clinically and radiographically).

10. Leave gel on for 8 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations)

11. Remove Gingival Barrier and re-seal tooth with appropriate materials.

12. Prescribe Pola Day or Pola Night to maintain brightness if desired.

13. Remember to inform the patient that the whitening process may take up to 21 days.

TIPS:

- 2. Do not use on children under 14 years of age.
- 3. Do not use on pregnant or lactating women.
- 4. Do not use on persons having known resin allergies.
- 5. Do not use on patients with extremely sensitive teeth.

PRECAUTIONS:

- 1. Prescribed by a dental professional with a comprehensive record of medical history.
- 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 the peroxide and staining material may not be complete.
- 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. Mild discomfort in teeth during treatment can be a common side effect.
- 8. Petrolatum gel used as a protective barrier to prevent peroxide from reaching the periodontal ligament.
- 9. Leave gel on for 8 minutes (Optional: a curing light may be used at this stage, please refer to light manufacturer's recommendations)
- 10. Remove Gingival Barrier and re-seal tooth with appropriate materials.

FOR ADVICE, CONTACT:

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