1. Whitening of discoloured vital teeth.

INSTRUCTIONS:

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•

2. Patient must have good overall health.

3. Do not use on pregnant or lactating women.

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. Pola Office+ syringes may be under pressure - remove cap and allow pressure to dissipate before use.

7. 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. If needed, this stage, please refer to light manufacturer’s recommendations).

8. If patient experiences sensitivity during light curing, move the tip of the light away from the sensitive area.


10. Treat any post-operative sensitivity with a desensitising gel or toothpaste.

11. After the last application, suction all the gel off, then wash and rinse the affected area. Assess other possible causes.

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

13. Record the final shade.

14. Recall patients periodically to examine the whitened teeth (clinically and photographically).

15. Stop by the Poison Information Centre or a doctor, or for at least 15 minutes.


17. Ingestion:

•  INHALATION
•  INGESTION
•  EYES (contact)
•  SKIN/TISSUE (contact)

FIRST AID:

• 立即用大量的水流冲洗

Packaging:

*Vita shade guide is a trademark of VITA Zahnfabrik, H. Rauter GmbH 9. Record the final shade.

7. Repeat steps 4-6 until desired shade is achieved.

6. Suction off the gel.

5. Leave gel on/in for 8 min (Optional: curing light may be used at this stage, please refer to light manufacturer’s recommendations).

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

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

2. Protect oral mucosa to prevent chemical burns.

TIPS FOR NON-VITAL TOOTH WHITENING:

11. After the last application, suction all the gel off, then wash and rinse the affected area. Assess other possible causes.

12. Remove Gingival Barrier by lifting it from one end.

10. Repeat steps 7-9 three times (optional 4 times).

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. If needed, please refer to light manufacturer’s recommendations).

8. If patient experiences sensitivity during light curing, move the tip of the light away from the sensitive area.

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

6. Advise the patient that a whitened non-vital tooth will not look the same as a vital tooth.

5. Verify adequate endodontic obturation.

4. Use protective barrier to prevent peroxide from reaching the periodontal tissues.

3. Open lingual access to pulp chamber and remove all composite, base and soft tissues. Avoid contact with the dental pulp.

2. Protect oral mucosa to prevent chemical burns.

1. Protect oral mucosa to prevent chemical burns.

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•

2. Patient must have good overall health.

3. Do not use on pregnant or lactating women.

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. Pola Office+ syringes may be under pressure - remove cap and allow pressure to dissipate before use.

7. 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. If needed, please refer to light manufacturer’s recommendations).

8. If patient experiences sensitivity during light curing, move the tip of the light away from the sensitive area.


10. Treat any post-operative sensitivity with a desensitising gel or toothpaste.

11. After the last application, suction all the gel off, then wash and rinse the affected area. Assess other possible causes.

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

13. Record the final shade.

14. Recall patients periodically to examine the whitened teeth (clinically and photographically).

15. Stop by the Poison Information Centre or a doctor, or for at least 15 minutes.


17. Ingestion:

•  INHALATION
•  INGESTION
•  EYES (contact)
•  SKIN/TISSUE (contact)

FIRST AID:

• 立即用大量的水流冲洗

Packaging:

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7. Repeat steps 4-6 until desired shade is achieved.

6. Suction off the gel.

5. Leave gel on/in for 8 min (Optional: curing light may be used at this stage, please refer to light manufacturer’s recommendations).

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

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

2. Protect oral mucosa to prevent chemical burns.

1. Protect oral mucosa to prevent chemical burns.

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•

2. Patient must have good overall health.

3. Do not use on pregnant or lactating women.

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. Pola Office+ syringes may be under pressure - remove cap and allow pressure to dissipate before use.

7. 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. If needed, please refer to light manufacturer’s recommendations).

8. If patient experiences sensitivity during light curing, move the tip of the light away from the sensitive area.


10. Treat any post-operative sensitivity with a desensitising gel or toothpaste.

11. After the last application, suction all the gel off, then wash and rinse the affected area. Assess other possible causes.

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

13. Record the final shade.

14. Recall patients periodically to examine the whitened teeth (clinically and photographically).

15. Stop by the Poison Information Centre or a doctor, or for at least 15 minutes.


17. Ingestion:

•  INHALATION
•  INGESTION
•  EYES (contact)
•  SKIN/TISSUE (contact)

FIRST AID:

• 立即用大量的水流冲洗

Packaging:

*Vita shade guide is a trademark of VITA Zahnfabrik, H. Rauter GmbH 9. Record the final shade.

7. Repeat steps 4-6 until desired shade is achieved.

6. Suction off the gel.

5. Leave gel on/in for 8 min (Optional: curing light may be used at this stage, please refer to light manufacturer’s recommendations).

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

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

2. Protect oral mucosa to prevent chemical burns.

1. Protect oral mucosa to prevent chemical burns.