



INSTRUCTIONS FOR USE

Pola Day and Pola Night are high viscosity, neutral pH take-home tooth-whitening gels. Both are pleasantly flavoured, crystal clear sustained release gels with a unique blend of soothers, conditioners and a water content high enough to further reduce sensitivity.

INDICATIONS FOR USE:

- Whitening of discolored vital teeth and non-vital teeth

COMPOSITION:

Pola Day 3.0-9.5% w. Hydrogen peroxide

- < 47% wt Additives
- 30% wt Glycerol
- 20% wt Water
- 0.1% wt Flavour

Pola Night 10.0-22.0% w. Carbamide peroxide

- < 40% wt Additives
- 30% wt Glycerol
- 20% wt Water
- 0.1% wt Flavour

TREATMENT GUIDELINES:

POLADAY

3 %	7.5%	9.5%
2 or 3 x 30 minutes/day	1 or 2 x 30 minutes/day	2 x 15 minutes/day
OR	OR	OR
1 x 60 minutes/day	1 x 45 minutes/day	1 x 30 minutes/day

POLANIGHT

10%	16%	22%
1 x 2 hours/day to overnight	1 x 90 minutes/day to overnight	1 x 45 minutes/day

Note: If you are feeling sensitivity, take a break of a day or two between treatments. You can also shorten the treatment time.

PLACEMENT PROCEDURE:

1. Brush teeth. Remove the syringe cap and insert an application tip by twisting it securely onto the syringe.
2. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
3. Seat the tray, with the gel around the teeth.
4. Wipe away excess gel in mouth with a tissue or dry soft brush.
5. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
6. Brush teeth.

NOTE:

- Do not eat, drink or smoke during treatment.
- Do not smoke immediately after treatment - wait for at least two hours.
- Foods and drinks containing strong colors should be avoided for at least 48 hours or consumed in moderation.
- Use gel at room temperature.

STORAGE AND SHELF LIFE:

Store in cool place (2°-25°C / 35°-77°F). Do not use after expiration date.

PRECAUTIONS:

To be used under the supervision of a dentist. Keep out of reach of children and pets. Not to be used by pregnant or lactating women or children under 14 years old. Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using these products. Discontinue use if any unusual sensitivity or reactions occur and consult your dentist. Do not inject Pola Day or Pola Night into the body.

FIRST AID:

Eye (contact): Wash thoroughly with water and seek medical advice if symptoms persist.

Skin (contact): Wash thoroughly with water and seek medical advice if symptoms persist.

Ingestion (large amount): Drink plenty of milk or water and seek medical advice.

Date of issue of last revision: March 2011

Warning: Causes skin and eye irritation!!