

3%, 6%, 7.5% and 9.5% hydrogen peroxide  
10%, 16%, 18% and 22% carbamide peroxide  
advanced tooth whitening system

### INSTRUCTIONS FOR USE

Pola Day and Pola Night are high viscosity, neutral pH 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 discoloured vital teeth.
- Whitening of discoloured non-vital teeth.

#### COMPOSITION:

Pola Day 3.0-9.5% wt Hydrogen peroxide  
< 47% wt Additives  
30% wt Glycerol  
20% wt Water  
0.1% wt Flavour

Pola Night 10.0-22.0% wt Carbamide peroxide  
< 40% wt Additives  
30% wt Glycerol  
20% wt Water  
0.1% wt Flavour

#### NET WEIGHT:

Depending on kit purchased, 1.3g syringes or 3g syringes. Please refer to outside of box.

#### HYDROGEN PEROXIDE EQUIVALENT:

Pola Night 10% Carbamide Peroxide = 3.3% Hydrogen Peroxide  
Pola Night 16% Carbamide Peroxide = 5.3% Hydrogen Peroxide  
Pola Night 18% Carbamide Peroxide = 6% Hydrogen Peroxide  
Pola Night 22% Carbamide Peroxide = 7.3% Hydrogen Peroxide

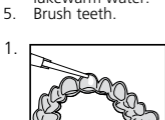
#### TREATMENT GUIDELINES:

	3%	6% & 7.5%	9.5%
Pola Day	2 or 3 x 30 minutes / day or 1 x 60 minutes / day	1 or 2 x 30 minutes / day or 1 x 45 minutes / day	2 x 15 minutes/day or 1 x 30 minutes / day
	10%	16% & 18%	22%
Pola Night	1 x 2 hours / day to overnight	1 x 90 minutes / day to overnight	1 x 45 minutes / day

Note: Patients with sensitivity will require a day or two break between treatments. Shortening treatment time is also suggested.

#### PLACEMENT PROCEDURE:

1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
2. Seat the tray, with the gel around the teeth.
3. Wipe away excess gel in mouth with a tissue or dry soft brush.
4. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
5. 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 colours should be avoided for at least 48 hours or consumed in moderation. Use gel at room temperature.

#### STORAGE AND HANDLING:

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

#### PRECAUTIONS:

Irritant. Avoid contact with eyes or gums. Avoid swallowing. To be used under the supervision of a dental professional. 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.

SDS available at [www.sdi.com.au](http://www.sdi.com.au) or contact your regional representative.

#### FIRST AID:

For advice, contact a Poisons Information Centre (Australia 131 126, New Zealand 0800 764 766) or a doctor. If swallowed, do not induce vomiting. If in eyes, hold eyelids apart and flush the eye continuously with running water. Continue flushing until advised to stop by the Poisons Information Centre or a doctor, or for at least 15 minutes. If skin or hair contact occurs, remove contaminated clothing and flush skin and hair with running water. Seek medical advice if symptoms persist.

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  
Ireland 00800 0225 5734  
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)

