

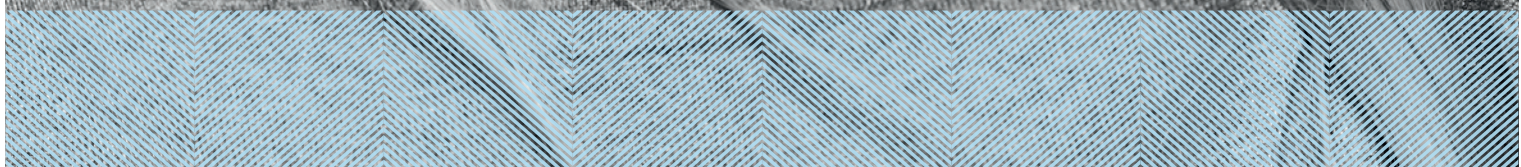


CREATED BY SDI

**POLA**

ADVANCED TOOTH  
WHITENING SYSTEM

YOUR SMILE  
CATALOGUE





TALK TO  
YOUR PATIENT  
ABOUT A  
WHITENING  
PROGRAMME  
THAT'S RIGHT  
FOR THEM

# IN OFFICE TREATMENTS

Pola Office+	6% hydrogen peroxide	3 or 4 x 15 minute applications
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# AT HOME TREATMENTS

## Pola Day

3% hydrogen peroxide	2 or 3 x 30 minute applications or 1 x 60 minute application per day
6% hydrogen peroxide	1 or 2 x 30 minute applications per day



## Pola Night

Note: 1% of hydrogen peroxide equates to 3% of carbamide peroxide

10% carbamide peroxide	1 x 2 hours per day to overnight
16% carbamide peroxide	90 minutes per day to overnight



# ON THE GO

## Pola Luminate

6% hydrogen peroxide	2 x 30 minute applications per day
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CREATE  
BEAUTIFUL  
SMILES

# POLA OFFICE+



Pola Office+ 6% HP works 45 minutes at an elevated pH level to promote more effective whitening at lower hydrogen peroxide concentrations. Pola Office+ is a unique formulation that releases the active ingredients immediately to initiate the whitening treatment.

By breaking down and releasing the peroxide ions fast and effectively, Pola's whitening process is triggered and does not require UV light to accelerate the treatment.

**Indications:** Whitening of discoloured vital and non-vital teeth.

#### **Minimal chair time**

A unique Pola Office+ 6% hydrogen peroxide formulation, designed to whiten teeth in just 45 minutes. Requiring one thin layer applied to teeth that is easily removed by rinsing.

#### **Built in desensitiser**

Pola Office+ is designed to protect sensitive dental nerves & nerve endings with Pola Desensitising Technology (PDT).

The neutral pH of Pola Office+ ensures maximum comfort during and after treatment. The shorter treatment time results in less patient discomfort and lower sensitivity.

## POLA OFFICE+ 6% HP STEP BY STEP GUIDE

1. Determine and record pre-operative shade using the Pola shade guide supplied in the packaging.
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. – Optional step
5. Light cure in a fanning motion for 10-20 seconds until the Gingival Barrier is cured. – Optional step
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 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 15 minutes
9. Suction off using an 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 and wash the gel off.
12. Record the final shade.





WHITER  
BRIGHTER  
YOU

## POLA DAY & POLA NIGHT STEP BY STEP GUIDE

1. Brush teeth.
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.



# POLA DAY

# POLA NIGHT



## AT HOME TREATMENTS

### Fluoride releasing

Pola Day and Pola Night both contain fluoride, which helps strengthen the tooth to protect it against sensitivity.

### Safe and convenient

Pola Day and Pola Night's unique high water content formulation (20% water) has a neutral pH to protect gums and teeth during treatment and prevent sensitivity.

### Effective whitening

The desired whitening effect can be achieved in as little as 30 minutes twice per day or can be conveniently applied overnight while you sleep. There are a variety of different strengths of Pola Day and Pola Night that patients can use at home.

### Pola Desensitising Technology (PDT)

Pola Day and Pola Night contain PDT to assist with the prevention of post treatment sensitivity. Both Pola Day and Pola Night contain 20% water which prevents dehydration and helps reduce or eliminate sensitivity.

### What's the difference between Pola Day and Pola Night?

Pola Day consists of a range of hydrogen peroxide based take home gels specifically designed for achieving whitening results for patients with limited time in their schedule.

Pola Night contains carbamide peroxide for slow release of active oxygen.

Hydrogen peroxide formula means faster release of active ions which in turn means less tray wear time.

Pola Night is a range of carbamide peroxide based take home gels that deliver optimum whitening results to patients who have more sensitive teeth. Pola Night converts into hydrogen peroxide plus urea, which means there is a slower release of ions and hence more suited to overnight treatment.

Both ranges are available in a variety of different strengths with the lower concentrations geared towards more sensitive teeth.

# POLA LUMINATE



With 6% hydrogen peroxide, Pola Luminat is our highest strength brush on tooth whitener available. Brush directly onto teeth without the need for trays. Designed to be worn for just 30 minutes twice per day.

Pola Luminat is the ideal touch up tool to maintain your bright white smile between dental visits. With over 60 applications in one tube plus a long-lasting spearmint flavour, you can whiten your teeth anywhere and anytime.

# SOOTHE



### Desensitiser

Soothe, a sustained release gel containing 6% potassium nitrate and 0.1% fluoride gel, relieves tooth sensitivity caused by chemical and thermal changes. Unlike other desensitisers, Soothe will not interfere with the whitening process

### Apply before or after whitening

Sensitivity can occur during or after the tooth whitening procedure. Soothe can be applied before or after the treatment.

# FAQ

## What causes tooth discolouration?

Everyone's teeth are unique, therefore they discolour and stain in different ways. The discolouration or staining of a person's tooth is typically caused by coffee, black tea, herbal tea, red wine, spicy foods such as curry and smoking cigarettes. Tooth discolouration may also be due to aging effects, trauma, tetracycline stains, fluorosis etc.

## How does tooth whitening work?

When a whitening product is applied to the tooth, it breaks down into water and oxygen ions. The oxygen ions enter the enamel and dentine and attack the long stain molecules to effectively break them down to be short and colourless. These short and colourless molecules are then naturally removed from the tooth by saliva. The intensity of whitening is related to the number of ions available and the length of time they are on the tooth.



## How long does it take to whiten a patient's teeth?

With in-office whitening, results are obtained in just 45 minutes treatment time. Using a take home whitening system, it can take approximately 5-14 days, however longer time may be required for tetracycline cases. It may take 2-6 months for patients with fluorosis.

## How long will the whitening treatment last?

This depends on each individual person and their oral habits. Whitening should be repeated every 1-3 years for both In-Office and Take-Home treatments. Without a touch up, your patients teeth will start to re-stain by the same thing that caused them to discolour initially, however, they will never return to their original shade.

## What if the patient has restorations or veneers, will these change colour?

Whitening will remove any existing stains on the restorations but will not affect the original shade.

## Are there any side effects?

For those who follow the Instructions for Use that come with the pola products, the majority will have no side effects. However, some will experience temporary sensitivity (dull or sharp, sensitive to hot or cold). This will subside after several hours of stopping the treatment and won't leave any residual problems. The wear times can be shortened or made less frequent or teeth can be treated with a desensitizer, soothe. The patient should abstain from carbonated drinks, citrus fruits and beverages to avoid sensitivity.

## Is teeth whitening safe during pregnancy?

It is not recommended to use teeth whitening products during pregnancy.



# CLINICAL CASE STUDIES



Prof. Leandro Martins

POLA NIGHT

## Pola Night 10%

One of the biggest problems of dental whitening is tooth sensitivity. Therefore, finding products that bring greater safety is the key. With low concentration carbamide peroxide, Pola Night bleach has high water content, neutral pH, desensitizers and high viscosity. These characteristics responds to the patient's demand for an effective result with protection against sensitivity and gingival irritation. Therefore, the choice for Pola Night 10% is due to its characteristics of a convenient, safe and effective product.



Dr. David Carralero Plaza

POLA DAY

## Pola Day 6%

Pola Day is a product that I have been using for more than 10 years, with very good results. For take home treatments, I prefer to use the maximum concentration of hydrogen peroxide, because we get faster and more comfortable results for our patients, since the product can be in the mouth for less time.



# POLA IN OFFICE

## Pola Office+ 3 Patient Kit

3 X 2.8 mL syringes of Pola Office+  
Accessories  
7700467 (6% HP)



## Pola Office+ 1 Patient Kit

1 X 2.8 mL syringe of Pola Office+  
Accessories  
7700466 (6% HP)  
7700410 Pola Office+ Mixing Nozzle/Caps 10 Pack



**Please note:** each pack includes accessories.  
**CP:** Carbamide Peroxide **HP:** Hydrogen Peroxide

# POLA AT HOME

## Pola Day and Pola Night 10 x 1.3g Syringe Kits

**Pola Day**  
7700353 (3% HP)  
7700359 (6% HP)

**Pola Night**  
7700371 (10% CP)  
7700377 (16% CP)



## Pola Day and Pola Night 50 x 1.3g Bulk Kit

**Pola Day**  
7700355 (3% HP)  
7700361 (6% HP)

**Pola Night**  
7700373 (10% CP)  
7700379 (16% CP)



## Soothe

8150002  
4 X 1.2mL Soothe Syringe

8150033  
50 X 1.2mL Soothe Syringes



## Pola Day, Pola Night 4 x 1.3g Mini Kits

**Pola Day**  
7700351(3% HP)  
7700357 (6% HP)

**Pola Night**  
7700369 (10% CP)  
7700375 (16% CP)



## 50 x 3g Dispenser Kit

**poladay**  
7700079 (6% HP)

**Pola Night**  
7700085 (16% CP)



## Spacer Resin 2 Syringe Refill

7700012  
2 X 1g Spacer  
Resin Syringes

## Cosmetic Pola Pouches

Attractive patient presentation pouch to dispense  
up to 5 individual syringes from 50 x 1.3g bulk kit  
7700999  
10 Pouches

## Tray Cases: 5 Pack

7750008  
5 Tray Cases

## Tray Material: 20 Pieces

7750005  
20 Piece Refill

\* Optragate® is not a registered trademark of SDI

# POLA ON THE GO

## Pola Luminare

1 X 5.5mL Pola Luminare  
7700092



# FREE MARKETING MATERIAL

MARKETING MATERIAL TO ASSIST IN PROMOTING WHITENING TO PATIENTS.



POSTER POLA DAY  
Reorder M100274



POSTER POLA NIGHT  
Reorder M100275



POSTER POLA OFFICE+  
Reorder M100276



POLA PATIENT HANDOUT STAND  
Reorder M100290



POLA PATIENT HANDOUTS  
Reorder M100298



POLA BEFORE & AFTER STAND  
Reorder M100288



POLA CEILING TILE  
Reorder M100293



POLA STATEMENT STUFFER  
Reorder M100291



POLA APPOINTMENT CARDS  
Reorder M100287



POLA WINDOW STICKER  
Reorder M100289



POLA CARRY BAG  
Reorder M100143



POLA WAITING ROOM USB VIDEO  
Reorder M100245



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SDI LIMITED IS PRIMARILY INVOLVED IN THE RESEARCH AND DEVELOPMENT, MANUFACTURING AND MARKETING OF SPECIALIST DENTAL MATERIALS SDI'S PRODUCTS ARE A COMBINATION OF INNOVATION AND EXCELLENCE TO PROVIDE THE IDEAL RESTORATIVE MATERIALS FOR THE DENTAL PROFESSION.



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