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ENJOY A  
BRIGHTER,  
MORE  
CONFIDENT  
SMILE IN  
5 DAYS

**POLA LIGHT**

ADVANCED TOOTH WHITENING SYSTEM

# PROFESSIONAL TOOTH WHITENING SYSTEM

Over 1 million people across 100 countries have trusted Pola to achieve a safer, quicker and whiter smile.

The Pola Light advanced tooth whitening system combines Pola's award winning whitening formula, with targeted LED technology. And all from the comfort of your home.

- Fast acting, delivering you whiter teeth in 5 days
- Formulated to safely remove long term stains
- Returns your smile to your whitest natural shade possible
- Extra hydration to minimise sensitivity
- Remineralization to strengthen your teeth
- Fully rechargeable LED light for your future tooth whitening treatments

## **POLA DAY 6% KIT**

1 x Pola LED mouthpiece  
4 x 3g Pola Day 6% whitening syringes  
1 x USB charging cord  
1 x Instruction guide

## **POLA DAY 9.5% KIT**

1 x Pola LED mouthpiece  
4 x 3g Pola Day 9.5% whitening syringes  
1 x USB charging cord  
1 x Instruction guide



100 COUNTRIES  
25 MILLION  
SMILES



WHITER  
TEETH IN  
FIVE DAYS



FROM JUST  
20 MINUTES  
A DAY



PROFESSIONALLY  
USED AND  
RECOMMENDED

# INSTRUCTIONS FOR USE

## FOR PATIENTS AND DENTAL PROFESSIONALS

### **Pola Day 6% and Pola Day 9.5% hydrogen peroxide advanced tooth whitening system**

Pola Day is a neutral pH, take-home tooth whitening solution. It is pleasantly flavoured and contains fluoride and potassium nitrate to reduce sensitivity and remineralise teeth. Additionally, its high water content maximises patient comfort.

#### **INDICATIONS FOR USE:**

- Whitening of discolored vital teeth.
- Whitening of discolored non-vital teeth.

#### **STORAGE AND SHELF LIFE**

- Store in a cool place and out of direct sunlight at temperatures between (2°-25°C / 35°-77°F).
- Do not use after expiration date.
- A warranty period of one (1) year is provided for the Pola LED mouthpiece. Please retain proof of purchase for you to claim the warranty.

#### **FOR EFFECTIVE RESULTS**

- 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 after the treatment period or consumed in moderation.
- Use gel at room temperature.

#### **PRECAUTIONS**

- Consumer application to be used under the supervision of a dentist.
- It is recommended to consult with dental professional before using this product
- 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 into the body.
- SDS available at [www.sdi.com.au](http://www.sdi.com.au) or contact your regional representative.

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

#### **FIRST AID**

**Eye (contact):** Hold eyelids apart and flush with running water for at least 15 minutes. Seek medical advice if symptoms persist.

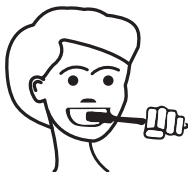
**Skin (contact):** Wash thoroughly with water and seek medical advice if symptoms persist.

**Ingestion (large amount):** If swallowed, do NOT induce vomiting. Rinse mouth. Drink plenty of milk or water and seek medical advice.

**Inhalation:** No symptoms expected.

# DIRECTIONS FOR USE

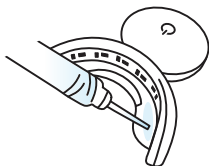
1



Clean your teeth and rinse your Pola LED mouthpiece before use.

**Optional:** Record your tooth shade on the last page.

2



Attach the syringe tip provided to the syringe. Apply a small line of Pola Day gel evenly along the inner front of the top and bottom of your Pola LED mouthpiece.

**TIP:** Using the markings on the syringe as a guide, allow one sixth of the syringe (0.5g) per tooth whitening session for both top and bottom of the tray.



3



Fit the Pola LED mouthpiece to your mouth and bite down.

For Pola Day, please use the following instructions:

## POLA DAY 6% AND POLA DAY 9.5% HYDROGEN PEROXIDE WHITENING

- Press "on" button twice for the **Blue** / **Red** LED
- LED will activate for 10 minutes

When the LED activation ends, your whitening session is complete. Repeat twice a day for 5 days.

Or the treatment time can be 15 minutes if there are no signs of sensitivity.

- Press "on" button once for the **Blue** LED
- LED will activate for 15 minutes

When the LED activation ends, your whitening session is complete. Repeat twice a day for 5 days.

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4

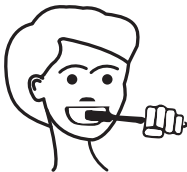


After reaching your treatment duration, remove the mouthpiece and wipe away any excess gel/saliva with a dry tissue.

Rinse the mouthpiece and wash it with lukewarm water. Do not submerge it in water.

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5



Rinse mouth or brush teeth once whitening session is complete.

# FREQUENTLY ASKED QUESTIONS

## **HOW MUCH WHITER WILL MY TEETH BE?**

Many teeth whitening manufacturers make claims of '5 shades' whiter or similar. However, this can be misleading as it depends on the original shade of your teeth and the current staining on your teeth. Pola is formulated to remove the toughest stains from your teeth and return your teeth to their whitest natural color.

## **HOW LONG WILL MY TEETH STAY WHITE?**

Your lifestyle is the greatest influence on your oral health. If you're an avid drinker of coffee, wine or soft drinks, your teeth whitening will diminish quickly than someone who prefers water.

Typically, your whitening will be at its best for the first 6 months, before slowly diminishing. Your Pola Luminate is a perfect instant touch up solution at anytime.

## **HOW MUCH POLA DAY WHITENING GEL DO I APPLY?**

Only a small amount is required for each session. Do not overfill your mouthpiece, as gel may spill on to your gums and cause sensitivity. Using the markings on the syringe as a guide, allow one sixth of the syringe (0.5g) per tooth whitening session on both top and bottom of the tray.

## **THE TREATMENT GUIDELINES RECOMMEND TWO APPLICATIONS PER DAY. SHOULD I COMPLETE BOTH APPLICATIONS IN ONE SITTING?**

For best results, we recommend completing the two applications one after the other.

## **IS POLA WHITENING SAFE?**

Yes. Clinical studies have shown that teeth whitening with carbamide peroxide or hydrogen peroxide is safe if performed under the guidance and supervision of a trained dentist. With a history of improving teeth for 50 years, our Pola whitening scientists have refined an industry leading tooth whitening formula that removes tough 'rusted on' stains, while remaining completely safe for your teeth.

## **WILL THE WHITENING PROCESS HURT?**

A small minority of people may experience short term teeth sensitivity during the whitening process. This sensitivity will subside quickly and does not lead to tooth or gum problems. If you are experiencing pain, stop the whitening process and consult your dentist.

## **HOW DO I CHARGE THE POLA LED MOUTHPIECE?**

Once the LED light starts to flash, charge the Pola mouthpiece using the supplied USB charger cord. The light will continue to flash while charging and will stop flashing once fully charged.

## **HOW SHOULD I STORE THE POLA LIGHT KIT?**

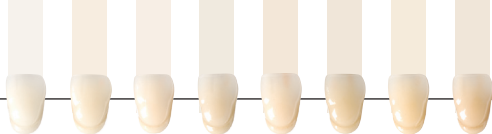
For best results, store the Pola whitening gel in a safe location with a temperature between 35°F - 77°F (2°C - 25°C).

## **HOW CAN I ORDER MORE POLA WHITENING GEL?**

To order more Pola whitening gel for future treatments, simply contact your dentist. Your dentist can provide you with additional Pola whitening gel syringes, which are compatible with the Pola Light system.

## **HOW DO I CLEAN THE POLA LED MOUTHPIECE?**

Please use only water and soap to clean the Pola mouthpiece. Avoid the use of abrasive materials and cleaning substances.



	1	2	3	4	5	6	7	8
upper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Name:

Date:

# POLA



SCAN FOR  
INSTRUCTION  
VIDEO



YOUR SMILE. OUR VISION.

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**Connect with us! Share your Pola Light moments!**  
**We look forward to hearing from you.**



INSTAGRAM  
[@pola\\_smile](https://www.instagram.com/pola_smile)



FACEBOOK  
Pola Smile

FOR MORE INFORMATION VISIT

**[polawhite.com.au](http://polawhite.com.au)**

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