



# INSTRUCTIONS FOR USE

## POLANIGHT FOR PATIENTS AND DENTAL PROFESSIONALS

22% carbamide peroxide advanced tooth whitening system  
Pola Night is a high viscosity, neutral pH take home tooth whitening gel. It is a pleasantly flavoured, crystal clear sustained release gel with a unique blend of soothers, conditioners and a water content high enough to further reduce sensitivity.

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

## TREATMENT GUIDELINES:

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. Leave in mouth 45-60 minutes.
5. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
6. Brush teeth. Repeat nightly for up to 14 nights as directed.

**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.

**NOTE:** Patients with sensitivity should take a day or two break between treatments. Shorter daily duration of treatment may also be helpful. Finally, application of desensitising tooth paste will further increase comfort.

**STORAGE AND SHELF LIFE:** Store in cool place (2°-25°C / 35°-77°F).

**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. 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. MSDS available at [www.sdi.com.au](http://www.sdi.com.au)

**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.

