

# Home Whitening

## PUSAT PERGIGIAN U 优牙科中心 U DENTAL CENTER

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## Patient Information: Help You To Make Informed Decision

### SDI poladay + polanight

3%, 7.5% and 9.5% hydrogen peroxide  
 10%, 16%, and 22% carbamide peroxide  
 Advanced tooth whitening system

ENGLISH

#### INSTRUCTIONS FOR USE FOR PATIENTS AND DENTAL PROFESSIONALS

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 discoloured vital teeth.
- Whitening of discoloured non-vital teeth.

#### COMPOSITION:

**Pola Day**  
 3.0-9.5% wt Hydrogen peroxide  
 < 4.7% wt Additives  
 30% wt Glycerol  
 20% wt Water  
 0.1% wt Flavour

**Pola Night**  
 10.0-22.0% wt Carbamide peroxide  
 < 4.0% 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 22% Carbamide Peroxide = 7.3% Hydrogen Peroxide

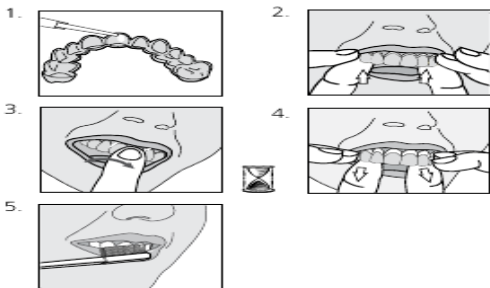
#### TREATMENT GUIDELINES:

	3%	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
Pola Night	10% 1 x 2 hours / day to overnight	16% 1 x 90 minutes / day to overnight	22% 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:

- Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
- Seat the tray, with the gel around the teeth.
- Wipe away excess gel in mouth with a tissue or dry soft brush.
- After treatment, remove tray. Rinse tray and mouth with lukewarm water.
- Brush teeth.



#### 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 colours should be avoided for at least 48 hours after the treatment period or consumed in moderation.
- Use gel at room temperature.

#### STORAGE AND SHELF LIFE:

- Store in a cool and out of direct sunlight at temperatures between (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.
- CAUTION: FEDERAL LAW RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A DENTIST.
- MSDS available at [www.sdi.com.au](http://www.sdi.com.au) or contact your regional representative.

#### 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.

### SDI poladay + polanight

3%, 7.5% 和 9.5% 的过氧化氢 (hydrogen peroxide)  
 10%, 16% 和 22% 的过氧化脲 (carbamide peroxide)  
 先进的牙齿美白系统

中文

#### 患者和牙科专业人士使用说明书

Pola Day和Pola Night是一种稠度高、pH值中性的家庭用牙齿漂白胶。两者都有宜人的香味、色泽透明如水晶。加上独特的调和剂和高水份含量，可缓和使用时敏感的症状。

#### 使用适应症:

- 活牙的色渍漂白
- 死牙的色渍漂白

#### 组成:

**Pola Day**  
 3.0-9.5% 重量比的过氧化氢 (hydrogen peroxide)  
 < 4.7% 重量比的添加剂  
 30% 重量比的丙三醇  
 20% 重量比的水  
 0.1% 重量比香料

**Pola Night**  
 10.0-22.0% 重量比的过氧化脲 (carbamide peroxide)  
 < 4.0% 重量比添加剂  
 30% 重量比丙三醇  
 20% 重量比的水  
 0.1% 重量比香料

#### 净重:

取决于购买的包装，有 1.3g/支和 3g/支。请留意盒外包装。

#### 过氧化氢与过氧化脲的等效关系:

- Pola Night 10% 过氧化脲 = 3.3% 过氧化氢
- Pola Night 16% 过氧化脲 = 5.3% 过氧化氢
- Pola Night 22% 过氧化脲 = 7.3% 过氧化氢

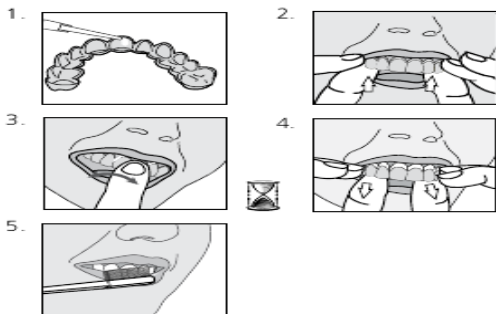
#### 操作治疗指南

	3%	7.5%	9.5%
Pola Day	2或3次 x 30分钟 / 天 或 1次 x 60分钟 / 天	1或2次 x 30分钟 / 天 或 1次 x 45分钟 / 天	2次 x 15分钟 / 天 或 1次 x 30分钟 / 天
Pola Night	10% 1次 x 2小时 / 天至过夜	16% 1次 x 90分钟 / 天至过夜	22% 1次 x 45分钟 / 天

注意: 对牙齿敏感的患者治疗过程中可以停一天或两天，也可缩短漂白时间。

#### 操作步骤:

在漂白托盘的每颗牙齿上都涂上一小滴漂白胶。  
 戴上托盘，漂白胶在牙齿周围。  
 用纸巾吸干的软毛刷擦掉口中多余的漂白胶。  
 治疗完毕后，取下牙托盘，用温水冲洗牙托并漱口。  
 刷牙。



#### 为了最佳效果:

- 治疗过程中不要吃喝和吸烟。
- 治疗后不要立即吸烟——至少等两个小时。
- 美白后至少48小时内避免食用深色食物和饮料，或节制食用。
- 在室温下使用漂白胶。

#### 贮存和有效期:

- 贮存温度为 (2°-25°C / 35°-77°F) 之间，远离直射阳光。
- 过有效期后不要使用。

#### 警告:

- 在牙医监督下使用。
- 放在小孩和宠物接触不到的地方。
- 孕妇、哺乳期妇女及14岁以下儿童不宜使用该产品。
- 对于有化学试剂敏感史的患者，治疗前通知由专家用这些产品进行过敏测试。
- 有不寻常过敏或反应出现的停止治疗并咨询牙医。
- 不要将Pola Day或Pola Night注射入体内。
- 敬告: 联邦法律规定本材料只售给牙医或凭牙医处方购买。
- MSDS (材料安全资料信息) 可浏览公司网页: [www.sdi.com.au](http://www.sdi.com.au) 或与您当地区域代表联系。

#### 急救:

- 眼睛 (接触):** 用水冲洗。如症状未改善寻求治疗。
- 皮肤 (接触):** 用水冲洗。如症状未改善寻求治疗。
- 摄入 (大量):** 喝大量的牛奶或水，并寻求治疗。