

Pola Advanced Tooth Whitening System

The tooth whitening system we use in our surgeries is Pola.



Whiter. Brighter. You.

The pola collection: poladay polanight polaooffice polazing polapaint soothe

BEFORE **AFTER**

All photographs are original and have not been altered. Examples of natural teeth lightened with Pola Whitening System. Photos courtesy of: (1) Dr Shuichi Tadoura, Sockigi, Japan. (2) Dr Greg Moore, Queensland, Australia. (3) Dr Philip Casan, Victoria, Australia.

ADVANCED TOOTH WHITENING SYSTEM

pola

SDI | www.polawhite.com

Bleaching

For stained or discoloured teeth, bleaching can lighten teeth that have not responded sufficiently to professional cleaning. It is a safe procedure when done by a qualified dentist. Bleaching may not be appropriate in people who have oral symptoms of some diseases.

Your dentist will take an impression of your teeth so that a custom-made mouth tray can be made. This holds the bleaching gel close to your teeth. The gums do not normally come into contact with the bleach.

Wearing the tray for 30 minutes to two hours every day will gradually lighten the teeth. Some bleaching agents can be used all night, although this may cause irritation of gums and the mouth in some people. Most mouth trays are light enough to permit talking and working with them in place. Good results usually occur within two weeks. The daily bleaching process can be continued until you are happy with the appearance of your teeth. However, it is not always possible to achieve white teeth. Your dentist will advise you on how long you should use the mouth tray each day and the duration of the overall treatment.

Follow-up during and after bleaching

See your dentist periodically while you are using the dental tray. The health of your gums can be checked during this visit. Any irritation that occurs is usually minor and settles once the treatment ceases. When the lightening process has finished, you can keep the teeth white by bleaching them regularly for a short time.

Advantages and Disadvantages

Advantages of bleaching

- Bleaching is ideal for undamaged teeth that only need lightening in colour
- Once the custom-made tray has been fitted, you are able to do the bleaching at home, and the tray can be re-used later.
- The upper and lower teeth can be bleached.
- Approved tooth-bleaching products are safe to use.

Disadvantages of bleaching

Some blemishes will not improve. Bleaching works best for teeth that are stained yellow, brown or orange. Teeth with grey stains may lighten a little, but results will not be as good.

- Care needs to be taken so that the bleach does not come into prolonged contact with the gums. This may cause short-term irritation or burning.
- If your teeth are very sensitive, or if you have gum disease or worn teeth, bleaching may not be suitable.

- Some over-the-counter preparations are very abrasive, and although they work in the short term, they can damage teeth over the long term. Dentists do not recommend these treatments.
- Some white fillings may need to be replaced after bleaching.
- Some teeth do not bleach evenly.

How to use: 10Days to a Whiter, Brighter Smile

Pola Night is a take home advanced tooth whitening system.

It has spearmint flavoured crystal gels that contain a unique blend of whitening agents, soothers, conditioners and water to reduce sensitivity.

The gel is applied to your custom made tray that you wear for 1 hour per night.

It's that simple!!

Step 1: Each cartridge contains enough gel for 2 uses ie. you only need half a tube per night.

Squeeze a quarter of one tube into the top tray and another quarter into the bottom tray. Cap the tube and put away for next time.

Step 2: Place trays with gel in them into your mouth. Wipe any excess gel off your gums to reduce sensitivity.

Step 3: Leave in place for about 1 hour.

Step 4: Remove trays and rinse off. Brush teeth to remove all traces of gel.

Step 5: Repeat for 10 nights.

Note: Some patients may experience tooth sensitivity. If sensitivity is present, wear times can be shortened. Also, you may use Sooth desensitizing gel which is worn in your custom trays after whitening session to help decrease sensitivity.

Zoom Whitening

Background

We provide this information to give you insight into professional teeth whitening with the *Zoom Teeth Whitening System*. Your cooperation and understanding of this material is necessary as we strive to



achieve the best results for you. The safety of professional teeth whitening in general is very high, and the *Zoom* system is no exception. Like all professional health care, though, there are limitations and risks (which will be discussed below), and absolute success is variable and cannot be guaranteed.

Candidates for *Zoom* Professional Teeth Whitening

Eligibility for treatment is determined through information gathered during the consultation and screening. While many individuals will qualify for treatment, not all people are deemed candidates for the procedure. If this situation occurs, the doctor will discuss his/her findings with you, perhaps along with certain other possible treatments or options as appropriate. Health and medications you are taking must be fully discussed with your dentist and primary care physician.

Expectations Upon Completion of the *Zoom* Professional Whitening

Significant whitening can be achieved in many cases, but there is no definite way to predict how light your teeth will get. Candidates with yellow or yellow-brown teeth tend to whiten better or quicker than people with gray or gray-brown teeth. Teeth discolored by antibiotics, decalcification (white spots), root canal therapy, or trauma do not always respond as quickly or predictably, and may require additional treatment. On the other hand, if your teeth are already a light shade of white, for example a shade of A1-B1 or offscale on the *Zoom* Shade guide, your additional whitening results could be minimal. The level of whiteness varies with each individual; therefore, you may or may not achieve a higher degree of whiteness. During the consultation, you may be shown before/after pictures of yourself and previous clients so that you may have an overall perspective on the kind of results we typically can achieve. The dentist may also provide an assessment as to the level of whiteness you may achieve. If you have any questions regarding this issue, please discuss them with the dentist prior to signing this form and proceeding with the *Zoom* procedure.

Maintenance

It may appear that there is a slight change in the shade of your teeth within the first 24-48 hours. This is due to the reformation of a saliva coating. Also, through the normal staining process of day-to-day eating and drinking, you may experience a slight regression of shade. This will depend on the frequency of your use of tobacco products, coffee, tea, red wine, and other staining foods/drinks. This can generally be managed by maintaining a maintenance program at home. We recommend a professional clean by your dentist prior to your whitening procedure.

Alternative Treatment Options

While we feel that *Zoom* is by far the fastest, most effective means (both in terms of results and costs) for most people to whiten their teeth, please take note that there are other options available to you for whitening teeth. Among these options are:

- porcelain crowns
- porcelain veneers
- composite bonding veneers
- gel/tray systems (for use at home)

If you have questions regarding the other treatment alternatives, please ask the dentist or office manager.

Potential Risks/Problems

All forms of health treatment, including teeth whitening, have some risks and limitations. Complications that can occur in professional teeth whitening are generally infrequent, and are usually minor in nature. Please read the following information. If you have any questions about these potential risks/problems, please ask us **BEFORE** signing this consent form.

Tooth Sensitivity: During the whitening process some patients may experience tooth sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. If your teeth are normally sensitive, please inform us **BEFORE** treatment so we can make certain adjustments designed to reduce the risk of sensitivity. We cannot eliminate this risk. In some cases, we may suggest taking a mild analgesic before beginning the procedure. We are also able to adjust our controls during the procedure to assist in your comfort. If your teeth become, or stay sensitive following the procedure, a mild analgesic (such as Panadol) will usually be effective in helping you feel comfortable. This sensitivity generally goes away in 12-24 hours. If it persists for more than 24 hours please contact your dentist.

Gum and Soft Tissue Irritation: Temporary inflammation of the gums and other soft tissues of the mouth can occur during the procedure. This is generally the result of the whitening gel coming in contact with these tissues. Protective materials are placed in the mouth to prevent this, but despite our efforts, it can still sometimes occur. Stretching and/or irritation of the lips can also occur because of the use of the cheek retractor. If it does, the stretching and/or irritation is generally short in duration (less than two hours), and is very mild (most patients never feel it). If it is felt, rinsing with warm salt water can relieve it. If discomfort persists for more than 24 hours please contact our *Zoom* Dentist.

Leaking Fillings or Cavities: Most whitening is indicated for the outside of the teeth (unless you already had a root canal). However, if you have any fillings that are leaking and the gel gets into the inside of the teeth, damage to the nerves of the tooth could result. In this case, the fillings need to be redone prior to the whitening. In addition, open cavities can also allow gel to reach the nerves of the teeth. All cavities should also be filled before whitening.

Cervical Abrasion/Erosion: These conditions affect the roots of the teeth when gums recede. They are the grooves, notches or depressions where the teeth meet the gums that generally look darker than the rest of the teeth. They look darker because there is no enamel in these areas. Even if these areas are not sensitive, the whitening gel can potentially penetrate the teeth and damage the nerves. These areas should not be whitened and should be filled after the whitening is complete.

Root Resorption: This is a condition where the root of a tooth starts to dissolve either from the inside or outside. Although the cause of resorption has not been determined, studies have shown that its incidence is higher in teeth that have had a root canal and are then whitened.

Effects on Fillings: Even though open cavities or badly leaking fillings should be refilled prior to whitening, take-home whitening can cause tooth-colored fillings to become softer and may make them more susceptible to staining. Therefore, you should be prepared to have any fillings in your front teeth replaced after whitening. In addition, since whitening will normally lighten teeth, but not fillings, you may need to have your fillings replaced, so that they **will match your newly whitened teeth.**

Completion of Treatment

Whitening Level: There is no reliable way to predict how light your teeth will whiten. With in-office whitening, one to two sessions are usually necessary to significantly whiten your teeth. With take-home whitening, one to two weeks of wearing the tray daily for the prescribed number of hours will give you much lighter teeth. We do not recommend home whitening longer than four weeks, unless you have severe tetracycline staining.

Special Consideration: The *Zoom!* In-Office Whitening System uses a light source that emits ultraviolet light in the UVA range. Although the output is less than half of the typical UVA exposure of commonly used facial and full body tanning units, the procedure incorporates significant protective and precautionary measures. Our office is required to follow comprehensive directions for use supplied by the light manufacturer. None the less individuals undergoing PUVA therapy (Psoralen & UV Radiation) or other photo-chemotherapy, as well as those with melanoma should consult their

physician prior to treatment. Patients taking any light sensitive drugs should also consult with their physician regarding possible photoreaction.

Relapse: Once whitening is complete, there may be a gradual relapse in shade. To prevent this relapse, you may need to wear your take-home whitening tray periodically.

Pain

- Some patients experience tooth sensitivity or pain following a whitening procedure. Patients with existing sensitivity, recession, exposed dentin or roots, cracked teeth or leaking fillings may find that those condition increase or prolong pain and sensitivity. If the sensitivity becomes severe, or lasts for more than 24 hours, please call our office. You may find that GC TOOTH MOUSSE may be of benefit to reduce sensitivity- please ask your dentist for further information.
- Take pain medications as prescribed for pain relief. Do not take medications that you are allergic to. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

Diet

- The enamel of the teeth becomes dehydrated and porous after a professional whitening procedure. For the next 48 hours dark staining substances such as soy sauce, red wine, cola, berries, mustard, ketchup, tobacco products, coffee and tea should be avoided. (If it stains your clothes, it will stain your teeth.)
- The basic rule of thumb is to avoid anything with colours in them and try to stick to these type of things:
 - Milk, water, jacket potato, white fish, rice, pasta (no sauces), chicken, turkey, white wine/vodka (if you drink alcohol!)

Oral Hygiene

- Consistent and thorough daily oral hygiene is essential to the proper maintenance of your whitening. Brushing, flossing and rinsing with recommended products are critical. Use any recommended or prescribed products as directed by your Dentist or Dental Hygienist.
- The use of an automated toothbrush is recommended. Please ask about the products offered at our office.

Follow Up Treatment

- It is important to return for regular check ups and cleanings to maintain your whitening and your general oral health.
- If you were given custom trays and an at-home whitening kit, please use it as directed by your Dentist or Dental Hygienist to maintain the results of your whitening treatment.

Before & After

before



aging stains

after



smoking stains



genetic stains



tetracycline stains

