



INSTRUCTIONS FOR USE

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

PLACEMENT PROCEDURE:

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 inside the front surface of every compartment of the tray for the teeth undergoing treatment.
3. Seat the tray on the teeth. Gently press the outer surface of the tray to distribute the gel.
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.

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.

STORAGE AND SHELF LIFE:

Store in cool place (2°-25°C / 35°-77°F).

PRECAUTIONS:

Keep out of reach of children and pets. Not to be used by pregnant or lactating women or children under 14 years old.

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.

Treatment Guidelines

	3%	7.5%	9.5%
Pola Day	2 to 3 times/day for 30 min or 1 time/day for 60 min	1 to 2 times/day for 30 min or 1 time/day for 45 min	2 times/day for 15 min or 1 time/day for 30 min
	10%	16%	22%
Pola Night	1 time/day for 2 hours or overnight	1 time/day for 90 min or overnight	1 time/day for 45 min