

Pola Office Bleaching – In Office Bleaching Technique

An 18-year-old female presented with a complaint of discoloration of the upper anterior teeth. Yellowish discoloration was noted on examination of the Maxillary anterior teeth.

Treatment planned for discoloration was In - Office bleaching with the Pola Office. Pola Office is an in-office tooth whitening system that uses a high concentration of Hydrogen Peroxide to provide rapid whitening.

It effectively removes intrinsic and extrinsic stains in a single appointment.



Pre operative



Polishing the tooth with prophylaxis paste



Applying gingival barrier, followed by light curing for 20 secs



A uniform 2 mm-thick layer of Pola Office bleaching gel was applied to the labial surface of the affected tooth.

The gel was allowed to remain in contact with the tooth surface for 8 minutes and was then removed.



Pre Operative



Post Operative