

INSTRUCTIONS

Whitening results vary from patient to patient, depending upon natural tooth anatomy, as well as the types and depths of stains. In some cases, additional treatment may be required. It is recommended that patients read and sign the informed consent form, and that whitening is preceded by a professional dental hygiene visit.



1. Application of liquid dental dam – Vitamin E oil can be applied to the lips if they are dry. Retract lips and cheeks with the retractor. Dry gums with gauze. Apply the liquid dam approxi-mately 2-4mm around the margins of the gums from pre-molar to pre-molar on both arches. Light cure the liquid dam for 10 seconds with the Brilliance Red/Blue curing light. Remove the retractor from the patient's mouth. Reapply vitamin E oil around the lips and inside the vestibular area for added protection prior to seating the tray. (Tip: You may also use vaseline to help maintain moisture on the lips, use at your discretion)
2. Insertion of gel-lined mouth tray – Have your patient bite gently into gel-lined whitening tray. Remind patient to maintain an end-to-end bite for optimal contact with whitening gel. You can manipulate the tray with your hands and fingers to evenly spread the gel, and ensure that no gel has spilled over the top of the tray. If so, use a Q-Tip or gauze to remove, to prevent any tissue irritation.
3. Whitening process – Place the Brilliance 20 Red/Blue whitening lamp approximately 2-3cm in front of the gel-lined whitening tray for 20 minutes.
4. End of procedure – Remove the Gel lined tray. To avoid unnecessary temperature/pressure sensitivity, it is advisable to gently remove any excess gel with a cotton gauze. Patient can then rinse thoroughly with water and expectorate to remove any remaining gel.



5. If providing a 2nd treatment in the same session, do not remove liquid dental dam from gums. Repeat steps 2 through 4.
6. Dam removal – The dam can be peeled off easily using fingers.
7. The pre-filled tray can be washed and given to the patient, along with the included 22% carbamide peroxide whitening gel. This can be used for take-home maintenance.



IN-OFFICE POST CARE AND FOLLOW UP PROCEDURE

For a minimum of 48 hours after the procedure, avoid all pigmented foods and beverages (ex. coffee, tea, wine, etc.) that will stain the teeth. If you are experiencing any sensitivity, please use the desensitizer recommended by your dental professional and/or the vitamin E provided in your tissue management kit. Following your in-office treatment, it is recommended to complete a 2-day touch up process, with the tray and syringe that have been provided. This will optimize the outcome and stabilize the shade. The recommended wearing time for the touch up process is 30 minutes; please be aware that a barrier is not necessary, but careful placement of the gel is important to avoid any tissue irritation.

When using the touch up syringes provided:

- Before placing the gel in the tray – make sure it is dry.
- Place just below the midline of the tray – a 1mm line of the gel from the right to the left side of the tray (on the inside – facing the tooth surfaces).
- Make sure your tooth surface is dry, before placing the tray in position.
- When the tray is placed in the mouth, gently bite down and stay in a close bite.
- Press against the tray gently to spread the gel, and ensure that no gel that has spilled over the top of the tray. (If so, use a Q-Tip or gauze to remove, to prevent any tissue irritation.)

If you have been instructed to site specifically treat a tooth:

- Dry the tooth surface that needs to be treated.
- Place a drop of gel on the center of the tooth.
- Place the tray in the mouth, while preventing the gel from contacting the lip or tissue.
- Press against the gel to spread it evenly over the tooth and wear for ½ hour.

Upon completion of the treatment, remove the tray and rinse the mouth thoroughly. Avoid brushing to remove the gel, as mechanical brushing can cause tooth sensitivity.

To ensure the cleanest surface, always floss, brush and rinse prior to your touch up procedure. Only use the amount of gel appropriate to the size of your tooth. Less is better and will minimize tissue sensitivities.

“Don’t forget touch up maintenance is the best practice to maintain your brighter whiter smile.”