

- 29) Remove the gingival barrier by sliding the tip of an explorer or forceps between the gingival and the resin. Lift it away carefully. Check interproximally for any debris. Use an explorer or floss. Rinse again.
- 30) Remove the cheek retractor, rinse and slosh water in mouth for about 30 seconds and apply the Vitamin E (included) to the lips. Check mouth for blanched areas and apply aloe vera or Vitamin E to any affected areas.
- 31) Polish teeth with rubber wheels and diamond polishing (optional).
- 32) The whitening process can continue after the last application of bleach is removed
- 33) At least 15 minutes after the procedure determine the new shade with the provided Teeth Whitening Shade Guide and take post-op photos (optional). Also, after the procedure apply a neutral, clear fluoride treatment (example: Oral B, sodium neutral fluoride (white) foam) (optional). Shade improvement may continue for up to 8 hours.

Instructions for Using *StayBright™Plus*

- 34) Supply the patient with the *StayBright™Plus* take-home material and review the "Instructions For Use" with the patient. Instruct the patient to begin the StayBright treatment that evening.

NOTE: It is important for the patient to complete the treatment by applying the *StayBright™Plus* material starting that evening after the in-office procedure for 3 or 4 days, 2 to 3 times a day. Instruct the patient that the lightening procedure continues 3 to 4 days to realize the full whitening potential. Have the patient return the fourth day following treatment for a follow-up examination and post shade guide photo (Optional). Emphasize that the patient should avoid tobacco and teeth-staining type foods and beverages for at least 48 hours after the in-office treatment, as teeth are especially vulnerable to staining during this period.

Provide patient with any additional take-home instructions and maintenance materials as desired.



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LumaWhite™ Plus

LUMALITE

Light Activated
 Single Patient Whitening Kit
 Protocol
 Item # 210022

Complete Chairside Whitening, including a
 Take-Home Touch-up Kit
 Using the
 Luma Whitening System

Materials Included,
 In order of use

LumaWhite™Plus / *LumaBlock™* Instructions for Use

- Flour of pumice
- Cheek retractor
- Braided cotton roll, 6"
- E-Swab Vitamin E lip & gum moisturizer, (2 each)
- LumaBlock™* paint-on liquid rubber dam material (1 syringe/w 2 tips)
- LumaWhite™* material (catalyst powder, hydrogen peroxide ampoule, and mixing stick/brush, 3 each)
- Teeth Whitening Shade Guide
- StayBright™Plus* take-home whitening material with Instructions

Additional Materials Required

- 3% hydrogen peroxide (optional)
- Patient protective eyewear
- 1 pair Scissors
- Curing light
- Explorer
- Cotton rolls, several
- Gauze, several 2x2, dry
- Medium surgical suction tip
- Cotton tip applicators
- Vaseline
- Aloe vera or Vitamin E gel capsules
- Fluoride gel (clear or white)

The Procedure

- 1) Determine the existing shade with the provided Teeth Whitening Shade Guide (with teeth moist and without overhead light) and take pre-op photos (Optional).
- 2) Use flour of pumice (included) and 3% USP hydrogen peroxide or water to thoroughly clean the teeth, eliminate surface stains, and remove pellicle/plaque layer. Concentrate on yellow cervical areas of upper and lower teeth. If desired, the lingual areas can also be pumiced to remove stain and provide a better overall result. **Good preparation is key to successful results.**
- 3) Apply Vaseline to the patient's lips and around the corners of the lips to provide a protective barrier and to ensure greater patient comfort.
- 4) Insert the cheek retractor (included).
- 5) For tetracycline or A3.5 or darker shades, apply a 5-second acid etch to the teeth (optional).
- 6) Cut the 6" braided cotton roll in half then make a small cut in the middle of each, place in the vestibule of both the upper and lower arch with the small cut straddling the labial frenum.
- 7) If the patient has an overlapping bite, position a half cotton roll in between the first and second molars for increased patient comfort.
- 8) Place protective eyewear on patient

Instructions for Using *LumaBlock™* (included)

Product Description:

LumaBlock™ is a white, light reflective, paint-on dam which when light cured will form a semi-plastic barrier which protects gingival tissue during the Luma whitening procedure.

Precautions:

This product should be used only on patients with good gingival and oral health. Do not use *LumaBlock™* on patients with known sensitivity to resin. It is advisable to test *LumaBlock™* on a small section of the patient's gum before attempting this procedure.

Procedure:

- 9) Remove the black luer cap from *LumaBlock™* syringe and replace it with one of the syringe tips supplied. Be sure to apply the syringe tip with a twisting movement.
- 10) Rinse and air-dry the teeth, especially the gingival tissue around the teeth to be bleached.
- 11) Holding the syringe firmly, dispense a small amount of *LumaBlock™* onto a mixing pad to initiate flow.
- 12) Beginning at one end of the upper arch, apply *LumaBlock™* to the gingiva to build a strip about 6 mm wide by 1 to 1 ½ mm thick. Be sure to extend the material approximately one half millimeter onto the enamel. Where embrasures exist, dispense the resin through the opening, filling the space completely. Be sure to cover any exposed root surfaces. Protect one extra tooth at each end of the arch beyond those to be bleached.
- 13) Using the above procedure, cure the *LumaBlock™* in sections with a conventional curing light positioned about 2 cm from the resin barrier. Move the light slowly back and forth in a sweeping movement, curing for no longer than 5 – 10 seconds. This is to reduce any heat-induced sensitivity during curing. Then, move along the arch to the next section, repeating step 12.
- 14) Repeat steps 12 and 13 for the opposite arch.
- 15) Add material and cure as necessary. Use an explorer to test that the cured *LumaBlock™* feels rubbery and not brittle. **Avoid over-curing, as this can cause heat build-up on the**

gingiva. Do not use a conventional rubber dam, as the bleach solution can seep underneath and cause discomfort to the patient.

- 16) Remove and dispose the syringe tip then replace the original luer cap. Each *LumaBlock™* syringe holds more than enough material for each patient.
- 17) Store any unused *LumaBlock™* in a cool dry place away from any ambient light. When the bleaching procedure is completed, the syringe should be disposed of properly.
- 18) Air dry the teeth

Instructions for Mixing and Applying *LumaWhite™* (included)

Precautions:

This product should only be used by trained personnel following all written instructions. It is to be applied only to the teeth, avoid all contact with other parts of the face or body tissue. Temporary whitening and irritation of the skin at contact area, eye watering and/or redness, swelling of eyelids can occur. Soft Tissue, apply either vitamin E or aloe directly to the affected area. For eyes, administer analgesic eyewash if needed and contact physician. Refer to MSDS sheet for complete information.

- 19) Using gloves and safety eyewear, prepare the *LumaWhite™* bleach. Remove a *LumaWhite™* catalyst powder jar from the box and unscrew the cap. Open one 35% hydrogen peroxide pre-measured ampoule by cutting off the top close to the flattened tip being careful not to point the tip towards anyone; slowly and carefully dispense the entire contents of the ampoule into the catalyst jar. Carefully and slowly mix the liquid and powder thoroughly for at least 10 seconds using the brush provided.
- 20) Apply the mixed *LumaWhite™* bleach to the teeth using the provided bendable brush. Use a consistent coverage of 2mm-3mm thick (about the thickness of a quarter) including the cervical and incisal areas. **Do not get bleach on soft tissue. If bleach contacts tissue, quickly remove and place aloe vera or Vitamin E (included) on affected area.**
- 21) Insert a small saliva ejector into the patient's mouth (optional).
- 22) Set the patient to a semi-upright (or comfortable) position using the dental chair. Adjust the headrest (using either a pillow or rolled towel, if necessary) to ensure that the mandible is parallel to the floor.
- 23) Position the Fullsmile Illuminator (head of the Luma Whitening System) as close as possible to the surface of both arches to ensure complete coverage of the smile area.
- 24) Activate the timer on the light to begin the cycle. The digital timer is factory set to 8 minutes.
- 25) When the audible alarm indicates the cycle is complete (the light will automatically turn off), remove the bleach paste using a high-speed medium surgical suction tip, being careful not to disrupt protective dam material. Do not rinse with water or wet teeth. Wipe teeth with dry gauze pad to remove any remaining bleach residue and dry teeth completely. Do not use air.
- 26) Repeat steps 19 - 25 two more times; **a total of 3 applications per patient. Mix the bleach for each application separately. Do not prepare in advance.**
NOTE: Because adolescents have large pulp chambers, it is advisable to perform only 2 applications if the patients start to report sensitivity.
- 27) Most patients will achieve optimal whitening in 3 applications of 8 minutes each. **Exceeding the recommended exposure time can result in penetration of the peroxide to the pulp chamber, causing sensitivity. If any patient reports burning or severe tooth sensitivity, the procedure should be terminated, bleach solution removed, and a clear fluoride treatment started.**
- 28) After the last cycle, remove the bleach material with high-speed suction, rinse teeth with water, and suction.