



## DOCTOR INSTRUCTIONS

### 1. Oral Exam

Examine the general condition of teeth, soft tissue health, and record the current tooth shade.

### 2. Mouthguard Fabrication

Follow the instructions below about mouthguard fabrication. Manufacture mouthguard in your office or send an impression to the DenMat® Lab.

### 3. Instructions to Patient

Review "Patient Instructions" found on inner box with your patient.

**For 16% formulation**, the recommended bleaching regimen is 1 treatment per day for 4–8 hours for 14 days or until desired results are achieved.

**For 22% formulation**, the recommended bleaching regimen is 1–2 treatments per day for 1–2 hours for 14 days, or until desired results are achieved.

**For 32% formulation**, the recommended bleaching regimen is 1–2 treatments per day for 10–15 minutes for 14 days, or until desired results are achieved.

### 4. Recall Appointment

Advise the patient that whitening is usually stable for many months. However, certain foods, beverages and tobacco products may cause gradual restaining. In these cases, a maintenance program may be necessary, such as touch-up whitening for 1–2 days as needed.

Schedule a recall appointment in 3 weeks.

### 5. Storage Instructions

Store at or below 75° F (23° C). Do not freeze.

### 6. Disposal Instructions

Dispose of device in accordance with local waste management.

## Recommended Procedure for Fabricating a LumiSmile White Whitening Mouthguard

1. Take an impression of the arch(es) you want to treat. The impression should allow all areas of the clinical crown and at least 1/2 inch of gingival tissue surrounding the teeth to be accurately represented.
2. Immediately pour a fast-setting stone mixture into the impression.
3. After the model has set, trim the base to make it as thin as possible (1/16"–1/8"). A hole carefully drilled in the center of the base will improve the vacuum-forming process.
4. Apply a thin layer of Paint-On Dental Dam onto the labial and lingual surfaces of the stone model to create space for the whitening gel. Light cure the Paint-On Dental Dam. This may also be accomplished by using traditional die space.
5. Place a 5"x5" sheet of .040 or .080 clear resin mouthguard material into the clear resin holder on the upper part of the vacuum former.
6. Set the stone model in the center of the perforated plate of the former and allow the resin sheet to heat until it droops 1" from the clear resin holder. Activate the vacuum switch and lower the resin sheet onto the model.
7. When the mouthguard resin has cooled, remove it and the model from the vacuum former. Remove the resin from the model and trim (scallop) the labial and lingual surfaces of the mouthguard to the gingival margins.
8. Polish the scalloped margins on a lathe using a cloth wheel only. Edge transparency can be recovered by the careful use of an alcohol torch. Wash and clean the mouthguard thoroughly.

## Supplemental Products:

LumiSmile White Professional Take-Home Whitening Kit 16% Mint .....	WHT1016
LumiSmile White Professional Take-Home Whitening Kit 22% Mint .....	WHT1022
LumiSmile White Professional Take-Home Whitening Kit 32% Mint .....	WHT1032
LumiSmile White Professional Take-Home Whitening Kit 16% Mint Refill .....	WHT1116
LumiSmile White Professional Take-Home Whitening Kit 22% Mint Refill .....	WHT1122
LumiSmile White Professional Take-Home Whitening Kit 32% Mint Refill .....	WHT1132

## Warnings:

- Keep out of reach of children.
- LumiSmile White Professional Take-Home Whitening System is supplied in a pre-filled syringe. This material is not intended for injection.
- LumiSmile White Professional Take-Home Whitening System is not intended for patients who are pregnant or nursing.
- LumiSmile White Professional Take-Home Whitening System should not be used by anyone with known allergy or sensitivity to peroxides.
- LumiSmile White Professional Take-Home Whitening System is not intended for children under 12 years of age.
- Patients with exposed dentin should be assessed for suitability to whitening prior to being given this product.
- Patient expectations should be discussed before treatment. Some teeth may not attain desired results such as existing crowns and bridges, and heavily restored teeth.
- Esthetic restorative procedures should be delayed until at least two weeks after whitening to ensure a good color match.
- Adverse effects that may be associated with the use of a whitening product containing peroxide include, but are not limited to sensitivity and gingival irritation.

## Questions?

Contact your DenMat Sales Representative at **800-433-6628**.