



Professional Whitening System Dentist Instructions

Description:

Colgate® Visible White™ is a professionally dispensed take-home tooth whitening system formulated to remove tooth discoloration due to foods, tobacco, and other stain-causing materials. This viscous, clear, flavored gel is available in 5%, 7% & 9% hydrogen peroxide (pH ~6.3).

Before Treatment:

Colgate Visible White is to be used for patients with normal oral health. Before beginning treatment, thoroughly evaluate a patient's oral health and discuss whitening level desired. Amount of whitening that can be achieved will depend on the type of staining. Composite fillings and restorations will not be negatively affected or whitened and therefore may not match whitened teeth. Colgate Visible White should be used prior to placement of composites, veneers and/or crowns, and bridges to allow for the proper matching to the new lighter shades of the teeth.

Tooth Sensitivity:

Patients should be informed of potential tooth sensitivity before treatment. If the patient experiences tooth discomfort, instruct the patient to discontinue treatment and consult your office for adjustments to the treatment schedule. Sensitivity usually goes away in 1-3 days after treatment has been stopped.

If sensitivity requires treatment, consider an application of Colgate® Duraphat®, a 5% sodium fluoride varnish.

Restorations should be free from defects. Exposed dentin should be protected to help prevent potential sensitivity. Areas may be exposed due to occlusal wear, gingival recession and abrasion. Failed restorations and areas of caries should be restored before beginning whitening treatment. Patients with large areas of root surfaces exposed or inadequate restorations can develop mild to severe sensitivity. This can be minimized by temporarily covering sensitive areas with a dentin bonding agent and layer of Bis GMA or similar resin. If a history of sensitivity exists, treat with appropriate restoration dentin bonding agent, etc. or temporarily with dentin sealant.

Gum Sensitivity:

Ensure the presence of healthy soft tissue to minimize potential tissue trauma. If gingival tissue is traumatized, wait one to two weeks before beginning whitening treatment to minimize potential sensitivity.

Instruct patients not to overfill tray with whitening gel which may lead to sensitivity. If gingival sensitivity persists (such as soreness of the gums, etc.), inform patient to remove tray, discontinue treatment and to contact your office for instructions.

Tray Design – Scalloped Trays:

Attention must be given to tray design because of potential gum sensitivity. Peroxide that oozes out of the tray and is left in contact with soft tissue may cause irritation. Scalloping of trays is recommended to reduce tissue contact. Check tray for fit and comfort. Use of a thin tray material (0.035") is recommended for patient comfort. Ensure tray is trimmed no closer than 0.25 to 0.33mm away from the gingiva and trim or adjust as necessary.

Steps for Whitening Tray Fabrication:

1. Take an alginate impression of the arch to be whitened. Pour model from alginate impression with plaster or dental stone. This should be carried out as soon as possible after the impression is taken to maximize accuracy.
2. Block-Out resin provides reservoir spaces in tray. Apply 0.5mm thickness of material onto desired labial surfaces. Stay about 1.5mm from gingival margin. Do not extend onto incisal edges and occlusal surfaces. Patients may experience less tooth discomfort from tray pressure with reservoirs because of reduced orthodontic pressures.
3. Cure block-out resin according to directions.
4. Use a vacuum former to heat the tray material until it sags approximately 1-2 inches.
5. Turn switch to "vacuum" and allow the softened plastic to adapt over the model.
6. When the tray has completely cooled, trim excess material using a small, curved surgical scissors. Trim 0.25 to 0.33mm occlusal from gingival margin. Scallop around the interdental papilla. Scalloping and trimming the tray is very important to minimize potential gingival irritation. Final tray adjustment should be done at time of delivery.
7. Check the tray for fit on the model.

Whitening Procedure:

Demonstrate the whitening treatment procedure to the patient by using the Colgate Visible White Patient Instructions included in each Kit. Provide individual patient direction as you see fit based on patient needs. Instruct patient to wear trays for 30 minutes once a day. The mouth trays should be cleaned and rinsed before and after each treatment.

Monitor patient's progress every few days depending on severity of tooth discoloration. If only a minor change is desired, evaluate the patient's progress within 1-3 days. Since some teeth become more translucent with whitening, observe teeth with large metallic fillings closely to prevent show-through.

For Optimum Results:

1. Use recommended scalloped tray design
2. Advise patients to remove excess gel with an absorbent material after placing trays over teeth.
3. Advise patients to refrain from eating and drinking during, and for thirty minutes after treatment.
4. Advise patients to avoid tobacco as well as stain-causing beverages such as coffee, dark colas and red wine during treatment
5. Have your patients schedule check-up appointments.

Precautions:

1. Colgate Visible White is not to be used during pregnancy or while nursing.
2. Store at room temperature. Avoid prolonged exposure to temperatures above 90°F. Do not freeze.
3. Keep out of reach of children. Adult supervision is recommended for patients between the ages of 12-18

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