

AcquaBrite Deep Bleaching Kit Instructions

Steps for the AcquaBrite in-office chairside portions of Deep Bleaching:

- 1) Pumice the facial surfaces of the teeth to be bleached.
- 2) Apply AcquaSeal Benz:

Two disposable ampoules are included in the Deep Bleaching Kit. One is to be used in the conditioning appointment, the other for the final appointment. Isolate all teeth to be bleached with cotton rolls and lightly air-dry the teeth. Dispense the AcquaSeal Benz from the ampoule in a Dappen dish. Apply with a cotton pellet. Firmly and thoroughly rub the cotton pellet moistened with the AcquaSeal Benz into the entire facial surface of the teeth to be bleached, with emphasis on the gingival 1/3 and incisal edges. Lightly dry the teeth for 20 seconds and rinse.

Apply a second coat following the above instructions again. Please be very aware that the second coat of AcquaSeal Benz is critical. Don't take shortcuts and place only one coat. The second coat is very important.

- 3) Squeeze out a small pea-size amount of AcquaBrite bleaching gel through a new mixing tip onto a gauze two by two and discard. Next inject the bleaching gel into the facial reservoirs of the bleaching trays, just as you would apply at-home bleaching gel into them. Do not overfill the trays.
- 4) Insert the trays into the patient's mouth.

The viscosity of the bleaching gel will flex the bleaching trays slightly away from the teeth. With mild finger pressure, press the trays back against the teeth until the margins are again adapted against the tooth/gingiva. Only minimal excess bleaching gel should ooze out from the margins of the trays when inserted. If significant gel oozes out, you have used too much bleaching gel, and you should use less for the following application.

Remove any excess bleaching gel that has oozed out from the trays with a brush or dry cotton pellet.

- 5) Insert cotton rolls into the buccal/facial folds to keep the cheek's and lips away from the bleaching trays. Insert a saliva ejector to prevent saliva buildup and have the patient gently bite on the end of a cotton roll in the bicuspid area on each side of the

mouth. The cotton rolls the patient is biting on should slightly extend outside of the mouth. This will keep the trays in place and also help prevent the lips from coming together, which would allow the saliva ejector to create a suction in the patient's mouth, which could suck out the bleach. You should warn the patient not to let the lips come together so that no suction is formed within the mouth.

Sit your patient up, with the saliva ejector in place, and provide a magazine for the patient to read.

- 6) The trays are to be left in place for 20 minutes. After 20 minutes, place a new mixing tip on the bleaching gel syringe and again express a small pea-size amount and discard.

Remove one tray at a time. Remove the tray, suction off the teeth (**DO NOT RINSE THE TEETH**), suction out the bleaching tray (**DO NOT RINSE OUT THE TRAY**), apply more bleach and reinsert the tray as before. Then remove the other tray and follow the same instructions.

Again leave the trays in the patient's mouth for 20 minutes. Two 20-minute sessions of bleaching completes the first (conditioning) visit. **However, at the final Deep Bleaching in-office visit, you will again change the gel for a third 20-minute session (60 minutes total).**

- 7) After final removal of the trays, again suction off the teeth and then rinse the teeth vigorously. The bleaching gel is viscous, and even vigorous rinsing will not remove all the gel. Use a wet cotton pellet and water spray to rub the surfaces of the teeth to remove all remnants of bleaching gel.
- 8) Isolate and dry the teeth and apply TWO coats of the AquaSeal Benz following the same instructions (Step 2) as used prior to bleaching.
 - 9) The patient is now conditioned and ready for the 14 night at-home whitening process. Comprehensively review the AquaBrite Take-Home instructions with the patient.
 - 10) After completion of the 14 night take home procedure, the patient will return for a second chairside procedure. Follow steps 1-8 above, however three 20 minute sessions for a total of one hour is required instead of the 40 minutes for the conditioning appointment. **MAKE SURE THE PATIENT BRINGS THE BLEACHING TRAYS TO THE FINAL APPOINTMENT.**

If minor burning of the gums is felt by the patient or seen by the dentist or assistant – it is common to see a whitish haze of gums in certain areas during the bleaching process. This is expected in most cases. This white haze will be nearly gone within a few minutes after bleaching is finished. Prior to bleaching, inform the patient that they may feel a

slight burning sensation of their gums at times during the bleaching process, and that this is normal.

!!!PLEASE REFRIGERATE ALL BLEACH!!!