



Professional Whitening System Dentist Instructions

Description:

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

Colgate Visible White is to be used for cosmetic whitening of teeth for patients with normal oral health status. When recommending treatment, first evaluate the oral health status of the patient and discuss whitening level desired. Inform the patient that the amount of whitening that can be achieved will depend on the type of staining. Advise patients that composite fillings and porcelain or ceramic restorations will not be whitened or altered in shade and therefore may not match whitened teeth.

Colgate Visible White should be used prior to placement of composites, veneers and/or crowns, and bridges. This will allow for the proper matching to the new lighter shades of the teeth obtained by cosmetic whitening. It is recommended to wait at least 2 weeks following treatment to ensure shade stabilization and maximum bond strength.

General Information:

More attention must be given to tray design because of the sticky, viscous, sustained release features of Colgate Visible White. To avoid or reduce irritation, it is advised to limit peroxide contact to tooth surfaces rather than allowing the gel to spill onto soft tissues.

Use of a thin tray material (0.035") is recommended for patient comfort. Additionally, scalloping and reservoirs may further reduce pressure on teeth and gums. Avoid overflow of Colgate Visible White gel on gingiva and scalloping around interdental papilla. Overlapping Colgate Visible White gel onto gingiva may result in tissue irritation.

For Best Results:

1. Before beginning this, or any, tooth whitening treatment, a thorough diagnosis must be performed. Ensure the presence of soft tissue health to minimize tissue trauma. Failed restorations and/or areas of caries should be restored before beginning whitening treatment. Patients with exposed root surfaces may experience sensitivity. If large areas are exposed or if restorations are inadequate, patients can develop mild to severe sensitivity pain. This can be minimized by trimming the tray material back or temporarily covering sensitive areas with a dentin bonding agent and layer of Bis GMA or similar resin.
2. Perform a prophylaxis to remove calculus and external stains. If gingival tissue is traumatized, wait one to two weeks before beginning bleaching treatment to minimize possible gingival sensitivity.
3. Prior to beginning whitening process, it is recommended to utilize your shade guide to take a baseline reading for monitoring patient progress.
4. Check tray for fit and comfort. Ensure tray is trimmed no closer than 0.25 to 0.33mm away to the gingiva and adjust as necessary.
5. Patients should be informed of potential tooth sensitivity before treatment. If the patient experiences soft tissue or tooth discomfort for any length of time, instruct the patient to discontinue treatment and consult your office for adjustments to the tray and/or the treatment schedule. One to three days rest from treatment may resolve this situation.
6. Wait two weeks following whitening procedure before matching and placing resin-bonded restorations, as time is required for color stabilization. This is necessary before placing definitive tooth colored restorations.
7. Mouth trays should always be stored in the Colgate Visible White appliance case provided with each Kit when not in use. The tray should be cleaned and rinsed before and after each treatment and returned to its case. Instruct patients to brush and floss prior to each treatment.
8. Monitor patient's treatment progress.

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 the Kit. Provide individual patient direction as you see fit based on patient needs and comfort. Instruct patient to wear trays for 30 minutes once a day.

Occasionally, sensitivity may require treatment. The first treatment recommendation is an application of Colgate® Duraphat®, a 5% sodium fluoride varnish.

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.

Precautions:

1. Read and understand all instructions. Use recommended tray design and administer appropriate treatment regimen to maintain optimal patient comfort.
2. 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. If a history of sensitivity exists, treat with appropriate restoration dentin bonding agent, etc. or temporarily with dentin sealant.
3. Colgate Visible White is not to be used during pregnancy or while nursing.
4. If gingival or tooth discomfort persists (such as excessive temperature sensitivity, soreness of the gums, etc.), inform patient to remove tray, discontinue treatment and to contact your office for instructions.
5. Instruct patients not to overfill tray with whitening gel as overfilling may lead to sensitivity or irritation. Maintain control of Colgate Visible White gel, dispensing only what is necessary to reach the next evaluation appointment (approximately 3 to 5 days). Monitor patient's whitening progress to prevent whitening beyond the desired level of whitening or degree of translucency.
6. Store at room temperature. Avoid prolonged exposure to temperatures above 90°F. Do not freeze.

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