

Treatment instructions and tips for best results

- Remove treatment trays from the refrigerator 60 minutes prior to a treatment (it is okay to leave them out for the day as long as the office is cooled below 75 degrees. They can be placed back in the refrigerator at the end of the day). The Tray must be at room temperature in the unopened pouch before using for a treatment.
- Wipe the **REUSABLE** light sheath with a disinfectant before the procedure. (Reminder that the sheath can be used 100+ times as long as you keep it clean!). **NOTE – DO NOT USE a disinfectant like cavi-wipes right before a treatment as the chemicals from the wipe may transfer to the patient during the treatment causing sensitivity. If you use a Cavi-wipe make sure to use another wipe after that is okay to touch the skin (or use mild soap and water) and then do a treatment.**
- Review consent form with patient and confirm that they are a good candidate. Have them sign to ensure they have realistic expectations. All patients whiten differently and the average shade change is 2-4 per in-office application, depending on the shade they start at. Do not perform on pregnant or nursing women. Nor, children under the age of 14.
- Be aware that stains within a fracture will not whiten with this procedure and may appear darker after treatment. Consult with the doctor before proceeding.
- Generously **apply the Vitamin E oil** to the outside of their lips only. Do NOT apply to the teeth. Apply second oil swab to the lips half way through the treatment if patient has chapped lips.
- **Let patient know what they will experience:** the gel may feel cold at first to the teeth, it will be similar to gargling with Listerine, tingling in the teeth and gums are normal, sensitivity in recessed areas are normal and the light will be warm on their lips. They may have increased saliva production.
- **Important! Have the patient insert the tray and gently bite into the gel keeping the gel in the front of the teeth!** This will keep them from biting into the tray too far forward and pulling the gel behind the teeth, which will only minimize results. **Instruct the patient to relax their jaw and to not bite down hard on the tray. Confirm patient has not pushed gel up into the gums, if so remove tray, wipe gums, reposition gel lower in the tray with a Q-tip and re-insert.**
- **Keep patients at a 90-degree angle sitting upright. DO NOT have them leaning back! Place light about ¼ inch from the tray.** They may need suction and may do this through the side of the mouth.
- **Check on patient within 3 minutes to ensure patient is comfortable,** most sensitivity shows up in the first 5 minutes. Ask the patient how they are doing on a scale from 1-10, with 3 being a tingling and numbing feeling and 10 being intolerable. Have them hold up their fingers to show the #. If they hold up a 4 check to see if they are comfortable enough to complete the remaining minutes. Anything over a 6 stop the light, remove the tray and suction gel from the area they are feeling sensitivity in the gums. Blot area with gauze pad. Use Q-tip to reposition gel lower in the tray to keep off the gums. Re-insert the tray, check on sensitivity again. If patient is still uncomfortable stop the treatment and follow the next step. Doing this procedure at a later date may be more appropriate for the patient.
- **After procedure, have patient rinse with water until gel is completely rinsed.** If they are sensitive or show signs of blanching around the gums, have them rinse with **Rincinol**, for 60 seconds. You may also apply the remaining Vitamin E oil, in the extra swab, to the gum area that is sensitive.
- **Rinse tray out and send home with the patient to use with their home care pen.** They will use the tray to isolate the solution in the mouth, keeping the tongue and lips away from the gel. Provide the patient with the post treatment instructions and schedule their next Prophy and Whitening!