

- 1 Match your patient's pre-whitened tooth shade with your Vita® Shade Guide, arranged according to value (B1, A1, B2, D2, A2, C1, C2, D4, A3, D3, B3, A3-5, B4, C3, A4, C4).
- 2 Thoroughly pumice the teeth to eliminate surface stains and remove pellicle plaque layer. Do not use prophylaxis gels or any substances containing fluoride or glycerin. For tetracycline or A3-5 or darker shades, apply a 1 second acid etch to the teeth.
- 3 Place cheek retractor in the patient's mouth and apply paint on dam to gingiva inter-proximal and biting edge. Cover all soft tissue well (do not use rubber dam). Place cotton rolls under lips.
Do not over cure otherwise patient experiences sensitivity.
- 4 Carefully pour the hydrogen peroxide (heat it in hot water for 1-3 minutes) into one jar of QuickWhite, slowly mix the hydrogen peroxide and keep adding until gel becomes mayonnaise consistency. Gloves and protective eyewear must be worn. **Replace lid after each application.**
- 5 **If 'QW Activator' supplied, paint on liberally onto the facial surfaces of the teeth to be whitened and then** apply a 2-3mm thick layer of whitening gel over facial surfaces. If you are whitening both upper and lower teeth, place the gel on all teeth at this time. Keep the gel approximately 1mm away from the gingiva.
- 6 If you are using Full-smile Illuminator System, rub some petroleum jelly onto inside and outside of lips for comfort and position light head 25mm (1") from both arches (smile zone). Start the system timer. When exposure time expires, go to instruction 9.
- 7 If you are using a curing light, begin a 10 minute timer. While holding the tip of your lamp 6-7mm (1/4") from the gelsurface, start your light activation on each tooth, beginning with the first tooth the gel was applied to. Expose each tooth to be whitened with your lamp. Continue the light activation around both arches for a total of three passes.
- 8 Leave the whitening gel on the teeth until the timer expires.
- 9 Suction the gel off the teeth and wipe off any remaining gel. Rinse the teeth surface between applications to minimise sensitivity.
- 10 Repeat steps 4-9 two more times.
- 11 Upon completion of the whitening procedure, polish the teeth thoroughly with diamond paste polish.
- 12 Match the end results to your Vita® Shade Guide.
- 13 Provide patient with Take-Home Kit (20 - 40 minutes only) for 2 - 3 days especially for those who smoke and consume teeth-staining food or drink.

- QuickWhite, when properly used, will effectively whiten most teeth with noticeable shade improvement. However, the dentist/staff should avoid over promising or making guarantees about expected results.**
- Patients with dark yellow brown teeth tend to respond better to whitening in general than those with grey or bluish grey shades. While there is no reported danger or long-term risk factors to the whitening of teeth, it is important that the patient be informed pre-operatively about some potential discomfort that may be experienced.
- Some patients may experience a slight degree of sensitivity during the first 24 hours following the whitening procedure. This normally resolves itself in one or two days without incident. However, patients who have a history of experiencing sensitivity during routine dental work are particularly at risk. For such patients a fluoride desensitisation procedure and/or the use of a mild analgesic post-operatively may be indicated.
- A properly applied gingival barrier is essential to avoid irritation to the gingival tissue. This is generally the result of small amounts of whitening material leaking onto the gingival margin. To avoid such problems, be sure to cover any exposed root surfaces and extend the barrier material to at least one-half millimetre over the gingival margin onto each tooth. Protect one extra tooth at each end of the arch beyond those to be whitened. Do not over cure the paint-on dam otherwise patient gets sensitivity.**
- Leaking fillings and/or obvious cavities should be treated pre-operatively with a sealant to prevent any whitening material from seeping into the tooth where it might cause discomfort.
- QuickWhite should give noticeable shade improvement when light/heat activated unit is used as it has ETC™ in it.**
- When preparing the teeth prior to whitening, do not use prophylactic paste containing glycerin. Use of such materials may coat the teeth with a thin film of glycerin that could reduce the penetration of active free oxygen radicals.
- Do not expose contents of QuickWhite to excessive light. Ambient light, especially sun light or overhead halogen light in the surgery may cause the hydrogen peroxide to de-gas thus reducing its optimal efficiency. For best results, store the QuickWhite in a cool, dry and dark location until ready for use.
- Do not use QuickWhite that has been mixed and prepared for more than 10 minutes before use. The active ingredients in QuickWhite begin to react as soon as they are mixed. For best results, use the mixture immediately. Replace lid after each application.**
- If gel gets on soft tissue, rinse immediately with cold water and apply Vitamin E to affected area.
- Always use fresh Hydrogen Peroxide, **DO NOT** use peroxide from bottles that have been stored in non refrigerated area, and you must **heat it** before use.