VOCO UK

Perfect Bleach

Instructions for use for the dentist

Product description:
Perfect Bleach is a gel with 10 % or 16 % carbamide peroxide (corresponds to 3.5 % / 6 % hydrogen peroxide) for gentle whitening of vital and non-vital teeth. After preparing the teeth and instructing the patient, the whitening gel can be applied at home by the patient, under the supervision of the dentist.

Indications:
- Whitening of discoloured vital teeth
- Whitening of discoloured non-vital teeth

Discolourations can be caused by:
- age-dependent changes
- light spots
- medication (e.g. tetracycline)
- fluorosis
- food-related stains
- bleeding as a result of traumata or devitalisation and / or endodontic treatment

The whitening success depends on the natural tooth shade as well as the intensity and cause of the discolouration. Using the gel with the higher concentration shortens the length of the treatment.

Contraindications:
Perfect Bleach is contraindicated:
- during pregnancy and lactation
- in heavy smokers, unless smoking is ceased during the treatment
- in heavy alcohol drinkers
- in individuals who are allergic to the ingredients

Sustained damage to the enamel structure caused by the effect of carbamide peroxide-based whitening agents has not been proven.

Preparation for the treatment:
1. The patient's teeth should be professionally cleaned to remove any calculus and superficial contaminations and anomalies, such as fluorotic spots. The type and intensity of the discolouration should be determined and evaluated as to whether therapy is indicated.
2. Discuss the cause of the discolouration of the tooth/teeth with the patients (especially external causes).
3. Advise the patient in an informative conversation about the chances, risks and side-effects as well as any necessary follow-up treatment.
4. Remove any restorations that are not intact before beginning therapy and provisionally treat them. Seal any cracks in the enamel and exposed dentine. Endodontic treatments (posts, endodontic restorative materials), existing crowns, veneers etc. should be examined before whitening begins.
5. Take an x-ray of the teeth to be whitened to detect any internal damage and to evaluate the root fillings and determine whether a revision is needed (e.g. placing a 1 - 2 mm sub-gingival insulation with a glass ionomer cement) or a temporary filling.
6. Determine the initial tooth shade before treatment using the enclosed shade guide and take additional photos, if desired.
7. Take an impression of the teeth that clearly reproduces all occlusal areas and gingival lines.

Making the tray
The instructions for making the tray are included in the set.

Carrying out the treatment:
1. Have the patient try on the tray.
2. Check the tray to make sure that it fits properly and that the edges have the correct length.
3. Demonstrate to the patient how to correctly use the set, including filling the tray with the gel, filling and rinsing of the cavity, inserting the tray and removing excess gel from the gingiva.
4. Provide the patient with the trays, gel and patient information leaflet.
5. Give the patient a treatment plan and follow-up appointment.
6. Inform the patient about any possible side effects (hypersensitivity). Request that the patient discontinue the treatment if side-effects occur and to see a dentist.
7. Application: 2 hrs. a day or overnight.

Supervision of the treatment process:
1. The first check-up should be carried out after two to three days to ensure that the patient is conducting the treatment according to the instructions.
2. Examine the condition of the gingiva. Check and adjust the tray if there are signs of irritation.
3. Depending on the type and degree of discolouration and / or carbamide peroxide concentration, the treatment should be completed after approximately 7 - 14 days. After the treatment is finished, verify and demonstrate the success of the treatment with photos and the shade guide. The patient should also be advised that the definitive tooth shade will be achieved after approximately two weeks after the treatment has ended.

Simultaneous treatment (internal/external) of traumatically damaged teeth or teeth with endodontic treatments:
1. First, expose the closure and create an opening to the cavity. Remove the cause of the discolouration (e.g. endodontic filling materials, hemorrhage, etc.) and / or reduce the filling.
2. After a complete revision of the root canal, fill the canal up to the dentine-enamel boundary (e.g. with gutta-percha).
3. To prevent diffusion of the gel in the direction of the parodontium, create a tight apical seal (e.g. with glass ionomer cement). The floor of the cavity should still be located subgingivally.
4. Apply the gel in the open cavity without any bubbles, if possible. Wipe off any excess before inserting the tray. Subsequently fill the reservoirs with gel and insert the tray.
5. After removing the tray, rinse the cavity with water and close it with a cotton pellet. The pellet should be removed after meals (e.g. with a tooth-pick) and replaced with a new one. Rinse before applying new gel. The patient should not bite with the treated tooth during the therapy.
6. The tooth should be closed with a provisional filling after completion of the therapy. After approximately two weeks, the tooth should be ready for a definitive restoration.

Interactions:
- Restorative materials either do not lighten or only slightly lighten, which can lead to differences between the enamel and the restorative. This possibility should be taken into consideration before each therapy. Since the definitive tooth shade is only achieved after 2 weeks, existing restorations may be accentuated after whitening. Restorations should therefore not be carried out until 2 weeks after therapy has ended.
- Treatments with oral and pharyngeal therapeutic agents should not be carried out during the whitening therapy. The peroxide can modify or impede the effectiveness of these agents. The whitening therapy should be interrupted or discontinued if such treatment is urgent.

Special considerations
Due to increased translucency, shade differences in the tooth can be much more prominent after therapy (e.g. endodontic posts, restorations, etc.).
A noticeable remission in shade can already occur after a couple of weeks if the therapy is insufficient or discontinued. Repeating the treatment is necessary in such cases.
Discolouration caused by substances that do not respond to oxidative removal cannot be whitened, such as the components of amalgam (silver).

Precautions:
- Long-term contact of the gel with the gingiva can result in irritation with subsequent inflammation. It is therefore important to ensure that the gel does not come in contact with the gingiva.
- The fit of the tray must be verified. Trays with rough, sharp or overlapping edges can cause injury to or irritation of the mucous membrane. Poorly fitting edges or hollow spaces in the occlusal or incisal areas can result in the gel leaking out and irritation of the gingiva. Verify the proper fit of the tray and the use of it by the patients. Correcting or remaking a tray may be necessary.
- The most frequent unwelcome side effect that occurs with increasing concentration of the active ingredient is the temporary hypersensivity of the treated teeth and parodontium.
  These symptoms disappear after the treatment has ended or the treatment is discontinued for a short amount of time.
- After ending the treatment, provide the untreated areas with fillings or veneers.
- Patients should refrain from smoking for the duration of the treatment.
- Demineralised areas can occur as spots at the beginning of the therapy. The treatment should be continued without hesitation, since most of these spots will disappear again during the therapy.

Warning:
Perfect Bleach contains carbamide peroxide and menthol. **Perfect Bleach** should not be used in case of known hypersensitivities (allergies) to any of these ingredients. Contact with the mucous membrane, eyes or skin may lead to irritation. If this occurs, immediately rinse the affected area with plenty of water. Also seek medical attention in case of contact with the eyes.
Swallowing excessive amounts of the gel can cause heartburn or nausea.
Keep out of reach of children!

Storage:
Protect **Perfect Bleach** from direct sunlight. Refrigeration is recommended.

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