



## **Patient Instructions for NiteWhite® ACP and DayWhite® ACP:**

### **Take-Home Whitening Products**

Discus Dental take-home tooth whitening kits allow patients to experience whiter teeth via a simple, safe and fast process.

#### **1. KIT CONTENTS**

- Custom-fitted whitening trays (made by your dentist)
- Whitening gel syringes
- Reusable mixing tips
- Tray storage case
- Patient instructions

#### **2. INDICATIONS FOR USE**

The enclosed product is a tooth whitening gel for use in lightening the color of natural teeth. DW is for shorter day-wear usage, while NW is for longer wear (overnight). Product should only be dispensed by or on the order of a dental professional. Before any whitening procedure, a consultation with a qualified dentist is recommended to ensure no underlying oral or health issues.

#### **3. CONTRAINDICATIONS**

Current research has not evaluated the possible effects of whitening procedures on all patient types. Discus Dental recommends the following whitening candidates consult their medical doctor before use:

- Pregnant and lactating mothers
- Those currently treated for a serious illness e.g. immune compromised, AIDS, etc.
- Children under the age of 13 years

#### **4. FIRST AID INSTRUCTIONS**

- For advice, contact a Poisons Information Center or a doctor at once.
- If a large quantity (over 25% of the gel in the syringe) is swallowed, immediately drink a glass of water and contact a doctor at once.
- If swallowed, do not induce vomiting.
- If gel gets into eyes, hold eyelids apart and flush the eye continuously with running water for at least 15 minutes.
- If clothing, skin or hair contact occurs, remove contaminated clothing and flush skin or hair with running water.

#### **5. SAFETY DIRECTIONS**

- Wear suitable protective clothing and eye protection.
- Keep out of reach of children.

#### **6. PRECAUTIONS**

- Avoid exposure of hypersensitive teeth to the whitening gel.
- Syringes may be under slight pressure, remove cap safely.
- Irritant and risk of serious damage to the eyes.
- Harmful when swallowed.
- Do not use household products to whiten teeth.

#### **7. APPLICATION INSTRUCTIONS**

- Floss and brush your teeth.
- In a counterclockwise motion, twist off the clear plastic cap from the syringe.
- Twist the mixing tip clockwise to lock on the end of the syringe.
- Place a small amount of gel in each tooth compartment in the tray. The gel drop shown represents the average size drop for each tooth compartment, depending on the size of your teeth.

**Important:** Overloading trays with gel may cause temporary gum irritation.

- Place tray with gel in your mouth. As you insert tray, be careful not to push gel out of the tray. Bubbling within trays is normal.
- Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush.

- Once finished placing gel in trays, remove mixing tip from syringe and replace with clear plastic cap. This ensures ingredients in each side of the barrel stay separate for maximum effectiveness.
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel. Place trays in storage case and store in a cool dry place.
- Rinse and brush teeth to remove excess gel.

**Notes:**

- Do not eat, drink or smoke while wearing your custom trays.
- It is normal to see dark colors in trays where you have amalgam (silver) fillings.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

**8. TREATMENT TIME**

**Concentration/ Formula Recommended Wear Time**

**NiteWhite ACP Overnight or 4-6 Hours**

10%, 16%, 22% (CP), Optimal results within 1 - 2 weeks

Turbo 6% (HP)

**DayWhite ACP Day-Wear**

7.5% & 9.5% (HP) *30 minutes, twice a day*

38% (CP) *15 minutes, twice a day*

Optimal results within 2 weeks

CP: Carbamide peroxide HP: hydrogen peroxide

**9. EXPECTATIONS AND OPTIMUM RESULTS**

Results vary by patient. Anatomy, age, tooth condition, hygiene and starting shade heavily impact results.

- You should have realistic expectations about the final results. Use the shade guide provided to record your starting and ending shades.
- Note that crowns, veneers, fillings, dentures and restorations will not whiten and may require replacement following the whitening procedure.
- Final shade will be achieved about 2 weeks after completion of your whitening treatment.
- Although most patients will achieve optimal results within 2 weeks, consult your dentist about continued use if not satisfied with the results.

**10. POST-TREATMENT**

- Avoid staining foods, drinks and tobacco for 30 minutes after each treatment.
- Continue good oral hygiene; use of an electric tooth brush will help keep results longer.
- Store any remaining whitening gel in a cool dry place for later use. Do not freeze.

**11. POTENTIAL ADVERSE EFFECTS**

Adverse effects that may be associated with the use of a whitening product containing peroxide include, but are not limited to:

**11.1. Sensitivity**

- Some patients may experience increased tooth sensitivity to cold during the treatment, while others may have non-specific sensitivity in their teeth, gums, tongue, lips, or throat. Symptoms should subside within 1-3 days.
- If the sensitivity is in the teeth, try whitening every other or every third night/day or ask your dentist for a lower concentration gel.
- Aspirin or Ibuprofen may be taken for pain.

**11.2. Gingival Irritation**

- Trays that extend onto the gingiva (gums) may cause soft tissue irritation. If the trays extend over your gums, have your dentist trim them.
- Reduce amount of gel in your trays. Teeth whiten when HP is absorbed into the tooth and whitens from the inside, so it is not important to cover the entire tooth. If all of the above options have been exhausted and you still have gum irritation or tooth sensitivity, treatment should be ceased until irritation subsides. Resume treatment with shorter, less frequent applications until desired whitening effect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional.

**12. STORAGE INSTRUCTIONS**

Store between 15°C and 25°C (59°F and 77°F) in a dark, dry place.

Storage temperature above 25°C (77°F) will result in reduced shelf life.

**13. DISPOSAL INSTRUCTIONS**

Dispose of device in accordance with local waste regulations.

**14. WARRANTY**

Discus Dental, LLC warrants that reasonable care has been used in the design and manufacture of this product. This warranty is in lieu of and excludes all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, any implied warranties of merchantability or fitness for a particular purpose.