

# Bleaching Instructions

35% H<sub>2</sub>O<sub>2</sub> In-Office (vital)



## Applying 35% H<sub>2</sub>O<sub>2</sub> and Enhancer

Express 1cc of 35% H<sub>2</sub>O<sub>2</sub> gel into a dappen dish. Add .2cc of #9 enhancer\* – mix with brush for 8 seconds. Use a new disposable brush when applying bleach with each session. Lightly air-dry the area to be treated before application.

**Step 1:** Paint thin coat of the 35% H<sub>2</sub>O<sub>2</sub> gel on the tooth surfaces, avoiding soft tissue. Bleach should remain on tooth surfaces for **10 minutes**.

**Step 2:** Clean dappen dish and prepare for second application by mixing a fresh batch of bleaching gel within the dappen dish.

**Step 3:** Remove bleach gel with low vacuum before reapplying.  
(Optional: use dry swab or 2x2 in conjunction with vacuum)

> Repeat Steps: 3 times or until desired shade is achieved.

> If Blanching Occurs: treat with topical application of vitamin E oil.

> Option: Seal teeth post-op with a standard ACP or flouride.

## Considerations

### Checking Shade:

Life-Like endorses the VITA Bleachedguide 3-D Master® for shade assessment. It is important that the patient takes an active role in this procedure. Example: Call out or announce the shade number. Use a mirror and let them see the shade comparison.

### Performing Prophylaxis:

We recommend this procedure to remove extrinsic stains and facilitate a greater chance for a good seal when using a light cured paint-on dam.

### Soft Tissue Protection:

Liquid dental-dam. Suggestion – use a cotton swab to smear a thin layer of vitamin E oil the approximate width of the swab before applying the liquid dam. This creates a non-stick barrier for the soft tissue, upon removal of the dam.

Air dry the gingival area and apply the paint-on dam around one (1) or two (2) teeth at a time and cure for 30-45 seconds with standard dental curing light or 15-20 seconds with plasma arc light. Testing the dam with a light blast of air can help reassure a good seal. If the air can get in, then the hydrogen peroxide can, too.

### 35% H<sub>2</sub>O<sub>2</sub> and Enhancer:

When mixed, these two chemicals react quickly. Mix them in a dappen dish just five minutes prior to each application.

### Protection:

Avoid contact with soft tissue - use appropriate protection, gloves for clinician, and safety glasses for both patient & clinician. H<sub>2</sub>O<sub>2</sub> is extremely caustic and will burn soft tissue. You can use retractors or have patient rest teeth on a "bite-block" in molar region and place cotton rolls into vestibule when using liquid dam.

For the lower arch: use saliva ejector and cotton rolls in the sublingual area to prevent saliva from flowing on to the facial surface of the teeth.

### Checking Shade:

By the end of the treatment, the patient's teeth will be dehydrated to some degree and this will affect the ending results by providing a false shade. Option 1 - Informing the patient that the teeth will rehydrate and the actual brightness will be accurate in a few days. Option 2 - Recalling the patient in three to six days to assess the end result.

### Follow up at-home:

In-office whitening should always be followed up with at-home bleaching trays of carbamide peroxide in Life-Like's Twist & Seal syringe for completion or touchup whitening. Patient can be instructed to use at-home whitening for 3-4 days. Remaining bleach can be used for future touchups.

