

BOUTIQUE

WHITENING

DENTIST INSTRUCTIONS

Description:

Boutique Whitening is a take-home, tray administered, tooth whitening system. The Boutique by Day contains the active ingredient, Hydrogen Peroxide. The Boutique by Night contains the active ingredient Carbamide Peroxide. Tooth whitening should only be carried out by an appropriately qualified dental professional.

Precautions:

- Do not use whilst pregnant or breastfeeding.
- Review allergies against listed ingredients.
- Avoid patients with hypersensitive teeth.
- If you experience excessive, persistent discomfort, stop using immediately and contact your dentist.
- Do not store in direct sunlight or heat. Store in cool, dry place. Do not freeze.
- Do not use any household products in your trays.
- Irritant and risk of eye damage.
- Do not inject the gel.
- If there is a risk of swallowing whitening tray then do not use.
- Avoid swallowing gel where possible.
- Gel can be harmful if swallowed.
- Dental restorations will not respond to tooth whitening.
- Do not use tobacco products whilst whitening.
- Not to be used or given to people under the age of 18 years old.
- Note the expiry date on the outer packaging and the syringes.

Procedure:

- 1 Gain consent and specifically warn about sensitivity as main side-effect.
- 2 Perform full dental examination in line with FGDP protocols. You may also wish to record exposed dentine as potential areas of sensitivity.
- 3 Prophylaxis and scaling is recommended prior to whitening.
- 4 For each cycle of use, the first use can **ONLY** be carried out by dental practitioners or under their direct supervision if an equivalent level of safety is ensured.
- 5 Take impressions and manufacture a custom tray.
- 6 Record start shade with good quality photograph, include correct shade tab, and time stamp.
- 7 Review instructions and demonstrate loading the tray. Advise to only fill small labial reservoir per tooth, and only whiten teeth visible in the smile. If no reservoir, place small bead on front side of the tooth half way up the tooth.
- 8 Demonstrate how to remove excess gel, if there is any. They can also rinse very gently at this stage.
- 9 Recommended wear times. 6% Hydrogen Peroxide worn for 1 and 2 hours per day. 10% and 16% Carbamide Peroxide worn for minimum of 6 hours per day, but works best if the trays are left in overnight.
- 10 Length of treatment will vary. Almost all patients will get whiter teeth, however, some take longer than others depending on start shade and type of staining.
- 11 Review patient on completion of whitening and take photograph with original shade tab to demonstrate the results.

Case selection:

Results can vary and will depend on a number of factors including, but not limited to, age, habits and grinding and clenching. They kinds of staining that respond well to tooth whitening are those caused by food and drink, tetracycline/minocycline medications, tobacco, age dependent change, fluorosis, non-vital tooth.

Restorative materials will not change colour, make sure the patient is aware of this prior to whitening. Do not begin restorative work for at least two weeks after completion of whitening, this allows for the colour to stabilize and will also ensure that bond strengths are not affected by the whitening process.

PATIENT INSTRUCTIONS

1



Brush teeth. Load the whitening tray by placing a small bead on the front surface of the whitening tray, halfway up the tooth surface.

2



Place whitening trays over the teeth and press firmly in to place. Gently push on the front surface of each tooth to disperse the gel.

3



Remove any excess gel that may seep out of the edge of the tray with a tissue or soft toothbrush. Gently rinse with water but do not swallow.

4



Recommended wear time is 1 to 2 hours per day for 6% Hydrogen Peroxide, and at least 6 hours, but better overnight, for 10% and 16% Carbamide Peroxide.

5



After whitening brush teeth. Clean your whitening trays with cool water and a soft toothbrush.

Ingredients:

6% Hydrogen Peroxide

Glycerin, Water, Hydrogen Peroxide, Carbomer, Triethanolamine, Xylitol, Flavor, Potassium Nitrate, Disodium EDTA

10% & 16% Carbamide Peroxide

Glycerin, Carbamide Peroxide, Carbomer, Triethanolamine, Xylitol, Flavor, Potassium Nitrate, Water, Disodium EDTA

