

Ena White Light Instruction for Use PATIENT GB (English)

The bleaching of the teeth is a removal process of the pigmentations which have formed on enamel and dentine. Some teeth are too much pigmented by nature, others darken themselves during their development. The most common reasons are: the getting old, the use of colouring substances (coffee, tea, tobacco, wine), trauma, the assumption of tetracyclines (antibiotics), old restorations. The bleaching system removes the majority of stains, leaving the tooth structure unchanged. The treatment takes ten days, some difficult and darker stains can require a longer treatment.

INSTRUCTION FOR USE

Carefully follow all the instructions and the advises that your dentist will provide to you.

Do not use more product than required and do not increase the application times, it doesn't speed up and it doesn't bleach more. Only your dentist may determine the treatment length.

Before starting the bleaching treatment it is advisable to use a desensitizing gel (Ena White desensitizing gel) to be applied in the bleaching tray Ena White keeping it in contact with the dental surfaces 2 hours a day (possibly in the night after performing the normal procedures of oral hygiene) for 1 week. Perform the bleaching treatment filling in the tray spaces with the bleaching gel Ena White (picture 1).

NOTE: the use of the tip makes the application of the gel easier. The tip has to be screwed on the top of the syringe after removing the cap. Cap the syringe or the tip after use.

It is important to not exceed with the filling of the tray to avoid probable gel outflows at the gingival surfaces level, causing inflammation state.

The tray has to be applied for 6-8 hours a day (possibly in the night after performing the normal procedures of oral hygiene) for 10 days (picture 2). Store the bleaching syringes in refrigerator at the temperature of 2°C-8°C (36°F-46°F), out of heat and/or direct sunlight.

Clean the bleaching trays with cold water (picture 3), dry them and always place them in the pocket tray case

During the bleaching treatment avoid: smoking, drinking coffee, tea, coca-cola, red wine, eating soy, artichokes, dark marmalades, grapefruits, using toothpaste and collutorium containing iodine, clorexidine and all the things that could cause dark colourings. When the bleaching treatment is finished, book a visit with your dentist to verify the result and to eventually decide if other later time applications are required.

PRECAUTIONS

1. Not to be used on a person under 18 years of age.
2. To be only sold to dental practitioners. For each cycle of use, the first use to be only done by dental practitioners or under their direct supervision if an equivalent level of safety is ensured. Afterwards to be provided to the consumer to complete the cycle of use.
3. Please note the expiration date printed on the outer package/syringe indicated by the symbol  (month/year).
4. Avoid contact with eyes; rinse immediately if product comes into contact with them.
5. Pregnant women should not bleach.
6. Tooth fillings and crowns do not respond to tooth bleaching.

7. If you have any questions regarding the appropriate use of this product, please consult your dentist as soon as possible.
8. Do not use tobacco products or eat or drink while bleaching.
9. A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the tray and contact your dentist.
10. Foods and juices high in citric acid can cause sensitivity to the teeth.
11. Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
12. Coffee, tobacco, and other products can restain your teeth over time. Should this occur, the teeth can be rewhitened within a few nights.
13. Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.
14. Keep out of reach of children.
15. Do not swallow gel or rinses. Product contains peroxide; swallowing large amounts can be harmful.



Fig. 1



Fig. 2



Fig. 3

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