

## E-Swab, Vitamin E

Lip Care Instructions for Use

Liquid Treatment INSIDE each cotton tip swab  
NET 1.8ml

Moisturize and help protect lips. So unique, it's patented! Soft cotton tip swabs individually filled with Vitamin E lip care moisturizing formula.

### DIRECTIONS:

1. Hold swab with the colored ring end up.
2. Bend the colored ring tip gently to one side, until it "snaps", to release the liquid inside.
3. Liquid flows down into the white tip.
4. Apply liquid to lips, and then dispose. Use one before tooth whitening to keep from drying out. Use one after the whitening procedure is completed to soften and smooth lips.

NOTE: Advise your patient that E-Swabs can be used twice a day to maintain softness and help prevent fine lines and is available in a 72 pack from your dental dealer.

US Patent Protected



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**Made in the USA**

*GentleBright™ Plus* LUMALITE

Light Activated  
Single Patient Whitening Kit  
Item # 210064-P

Complete Chairside Whitening, including a  
Take-Home Touch-up Kit

Using the  
Luma Whitening System

Materials Included  
In order of use

Cotton Towel/Bib  
Flour of pumice  
Cheek retractor  
Braided cotton roll, 6"  
E-Swab Vitamin E lip & gum moisturizer (4 each)  
*GentleBright™ Plus* whitening material (dual-barrel syringe/w mixing tip)  
Aspirator Tip  
Teeth Whitening Shade Guide  
*StayBright™ Plus* take-home whitening material  
Patient Take-Home Instruction sheet

### Additional Materials Required

1 pair Scissors  
3% hydrogen peroxide (optional)  
Gauze, several 2x2, dry

### The Procedure

NOTE: The material provided for this procedure is designed to lighten both upper and lower arches simultaneously with increased whitening taking place for a number of days following the procedure. Lightening touch-ups can be performed on selected teeth only if needed. The light will not affect the untreated teeth in the absence of the lightening material. Crowns and bridges will not lighten with or be adversely affected by the lightening procedure. CAUTION: Mixture may discolor clothing.

- 1) Remove the *GentleBright™Plus* dual-barrel syringe from package. Snap off the plastic cap covering the dispensing end. Attach the mixing tip to the dispensing end of the syringe and twist to lock in place. Make sure the tip is attached securely to the syringe bevel.
- 2) Determine the existing shade with the provided Teeth Whitening Shade Guide and note the pre-op upper and lower shade on the Shade Guide. Take a pre-op photo (optional).
- 3) Place protective eyewear on patient.
- 4) For tetracycline or A3.5 or darker shades, apply a 5-second acid etch to the teeth (optional).
- 5) Use flour of pumice (included) to thoroughly clean the teeth, eliminate surface stains, and remove pellicle/plaque layer. **Do not use prophy gels or any substances containing fluoride or glycerin, as this can interfere with the whitening process.** Concentrate on yellow cervical areas of upper and lower teeth. If desired, the lingual areas can also be pumiced to remove stain and provide a better overall result. **Good preparation is the key to successful results.**
- 6) Insert cheek retractor. (included) (blue medium size provided, small tab keeps the tongue away from the teeth)
- 7) Rinse and dry the teeth thoroughly.
- 8) Cut the 6” braided cotton roll in half than make a small cut in the middle of each, place in the vestibule of both the upper and lower arch with the small cut straddling the labial frenum.
- 9) Apply E-Swab Vitamin E lip & gum moisturizer (provided) to the gums and lips, lower and upper. (See back page for instructions)
- 10) Inform the patient they could smell a slight chlorine or swimming pool type smell; it’s the activation of the material on the teeth.
- 11) Dispense approximately 1/5 of the *GentleBright™Plus* material onto the teeth, both upper and lower arch, using a consistent coverage of 2-3mm thick, including the cervical and incisal areas, ensuring the entire front tooth surface is covered.
- 12) Insert a small saliva ejector into the patient’s mouth to maintain a dry area (optional).
- 13) Set the patient in a semi-reclined position using the dental chair.
- 14) Position the Fullsmile Illuminator (head of the Luma unit) as close as possible to the surface of both arches to ensure complete coverage of the smile area.
- 15) Set the digital timer of the Luma system for 5 minutes. Start the first cycle.
- 16) When the audible alarm indicates the cycle is complete, the light will automatically turn off.
- 17) Once the cycle is completed remove the whitening material from the patient’s teeth using suction (do not wet the teeth.) It is important to maintain a dry area.
- 18) Repeat steps 11-17 four more times for a total of five 5 minute cycles.
- 19) After the last cycle is completed, keep the cheek retractors in place, remove the whitening material from the teeth and rinse with suction and water to completely remove all the material for the mouth.
- 20) Apply E-Swab Vitamin E lip & gum moisturizer (provided) to the upper and lower gums. Remove the cheek retractor and apply the Vitamin E to the lips. Determine the post-treatment shade with the provided Teeth Whitening Shade Guide.
- 21) Supply the patient with the *StayBright™Plus* take-home material and review the instructions on its proper use. Instruct the patient to begin the *StayBright™Plus* procedure that evening. Apply *StayBright™Plus* to the teeth, following the “Instructions For Use” insert. If you wish, give the cheek retractor to the patient for applying the *StayBright™Plus* at home.  
NOTE: It is important for the patient to complete the treatment by applying the *StayBright™Plus* material starting after the in-office procedure. Instruct the patient that the lightening procedure continues throughout the use of the *StayBright™Plus* to realize the full whitening potential. Have the patient return a week following treatment for a follow-up examination and post shade guide photo (Optional). Emphasize that the patient should avoid tobacco and teeth-staining type foods and beverages for at least 48 hours after the in-office treatment, as teeth are especially vulnerable to staining during this period.

#### Warnings:

- Avoid contact with eyes. If product contacts the eye, flush immediately with copious amounts of water for 15 minutes: consult physician if irritation or disturbance in vision occurs.
- Should product cause a lasting noticeable skin reaction, flush with water for 15 minutes and consult physician.
- If a substantial quantity is ingested, or in case of noticeable discomfort, drink water or milk and consult physician.