

*LumaWhite™*

LUMALITE™

Light Activated  
Bleaching Paste  
(4 Patient Kit)  
Protocol  
Item # 210023

*Materials Included*

Flour of pumice (4)  
*LumaWhite™* bleach (12 tubs of catalyst powder, 12 ampoules of hydrogen peroxide, and 12 mixing brushes) part # 210023  
Patient Take-Home Instructions sheet (4)  
Teeth Whitening Shade Guide (4)

*Materials Required*

*LumaBlock™* paint-on liquid rubber dam material (1 syringe) part # 210040  
Cheek retractor, part # 210033 (blue, medium-sized), 210032 (green, small-sized), or 210034 (red, large-sized)  
3% hydrogen peroxide (optional)  
Patient protective eyewear  
Curing light  
Explorer  
Cotton rolls, several  
Gauze, several 2x2, dry  
Medium surgical suction tip  
Cotton tip applicators and Vaseline  
Vitamin E  
Fluoride gel (clear or white)

**The Procedure**

- 1) Determine the existing shade with the provided Teeth Whitening Shade Guide (with teeth moist and without overhead light) and take pre-op photos.
- 2) Use flour of pumice (included) and 3% USP hydrogen peroxide or water to thoroughly clean the teeth, eliminate surface stains, and remove pellicle/plaque layer. **Do not use prophylaxis gels or any substances containing fluoride or glycerin, as this can interfere with the whitening process.** Concentrate on yellow cervical areas

retractor and have patient rinse and spit. Then rinse and slough water in mouth for about 30 seconds

- 22) Check mouth for blanched areas and apply aloe vera or Vitamin E to any affected areas.
- 23) Polish teeth with rubber wheels and diamond polishing.
- 24) The whitening process can continue for 10-15 minutes after the last application of bleach is removed (often an improvement of about one shade). For this reason, the dentist may want to wait 15 minutes before taking the shade comparison or giving a fluoride treatment (example: Oral B, sodium neutral fluoride (white) foam).
- 25) At least 15 minutes after the procedure apply a neutral, clear fluoride treatment.
- 26) At least 15 minutes after the procedure determine the new shade and take post-op photos (optional). Shade improvement may continue for up to 8 hours.
- 27) Determine the post-treatment shade with the provided Teeth Whitening Shade Guide. Provide patient with take-home instructions, shade guide and any maintenance materials desired.  
**Emphasize that the patient must avoid tobacco and teeth-staining foods and beverages for at least 48 hours after the treatment, as teeth are especially vulnerable to staining during this period.**

LUMALITE™

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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 key to successful results.**

- 3) Insert cheek retractor.
- 4) For tetracycline or A3.5 or darker shades, apply a 5-second acid etch to the teeth (optional).
- 5) Insert cotton rolls on either side of the frenum of the upper and lower lips.
- 6) Place protective eyewear on patient.
- 7) Thoroughly dry teeth and gingiva, then apply the *LumaBlock™* paint-on, light-curable rubber dam to two teeth at a time. Extend material 1/2mm over gingival margin to insure complete coverage along margins, exposed dentin and cementum, and the papilla. Set the *LumaBlock™* with your curing light. Hold the curing tip approximately 1cm (conventional curing light) or 2cm (high-speed curing light) from the area and continually move the tip in a slow flowing motion. Check to see if any gingiva is exposed. Add material and cure as necessary. Use an explorer to test that the cured LumaBlock feels rubbery and not brittle. **Avoid over-curing, as this can cause heat build-up on the gingiva. Do not use a conventional rubber dam, as the bleach solution can seep underneath and cause discomfort to the patient.**
- 8) If the patient has an overlapping bite, position a half cotton roll in between the first and second molars for increased patient comfort.
- 9) Dry teeth.
- 10) Apply Vaseline to the patient's lips, exposed soft tissue, and around the corners of the retractor to provide a protective barrier and to ensure greater patient comfort.
- 11) Using gloves and safety eyewear, prepare the *LumaWhite™* bleach. Remove a *LumaWhite™* catalyst powder jar from the box and open the top. Open one 35% hydrogen peroxide pre-measured ampoule by cutting off the top close to the flattened tip being careful not to point the tip towards anyone; slowly and carefully dispense the entire contents of the one ampoule of 35% hydrogen peroxide into the catalyst jar. Carefully and slowly mix the liquid and powder for at least 10 seconds using the provided brush.
- 12) Apply the mixed *LumaWhite™* bleach to the teeth using the provided bendable brush. Use a consistent coverage of 2mm -

3mm thick (about the thickness of a quarter) including the cervical and incisal areas. **Do not get bleach on soft tissue. If bleach contacts tissue, quickly remove and place aloe vera or Vitamin E gel on affected area.**

- 13) Insert a small saliva ejector into the patient's mouth (optional).
- 14) Set the patient in an upright position using the dental chair. Adjust the headrest (using either a pillow or rolled towel, if necessary) to ensure that the mandible is parallel to the floor.
- 15) Position the Fullsmile Illuminator (head of the Luma whitening light) as close as possible to the surface of both arches to ensure complete coverage of the smile area.
- 16) The digital timer is preset to 8 minutes (which can be changed, if necessary). Activate the light to begin the cycle.
- 17) When the audible alarm indicates the cycle is complete (the light will automatically turn off), remove the bleach paste using a high-speed medium surgical suction tip, being careful not to disrupt protective dam material. Do not rinse with water or wet teeth. Wipe teeth with dry gauze pad to remove any remaining bleach residue and to dry teeth completely. Do not use air. Examine teeth and note shade change.
- 18) Repeat steps 11-17 two more times; **a total of 3 applications per patient. Mix the bleach for each application separately. Do not prepare in advance.**
- 19) Most patients will achieve optimal whitening in 3 applications of 8 minutes each. **Exceeding the recommended exposure time can result in penetration of the peroxide to the pulp chamber, causing sensitivity. If any patient reports burning or severe tooth sensitivity, the procedure should be terminated, bleach solution removed, and a clear fluoride treatment started.**  
  
NOTE: Because adolescents have large pulp chambers, it is advisable to perform only 2 applications if the patients start to report sensitivity.
- 20) After the last cycle, remove the bleach material with high-speed suction, rinse teeth with water, and suction.
- 21) Thoroughly rinse mouth and remove the *LumaBlock™* protective dam and cotton rolls by grabbing with explorer. Remove cheek