

## DIY Teeth Whitening – 20 minutes

Two shades lighter that lasts up to 90 days.

Ingredients: 44% Carbamide Peroxide, Aquaphor, Remineralization Gel, Listerine

**Materials:** Teeth whitening prep tray, dual sided mouth cartridge, two Q-tips, Remineralization Gel, Aquaphor, Listerine, Teeth Whitening color wheel, mirror, personal basin, protective eye gear, 1 mouthwash cup, two hand towels, cabby antiseptic wipes, four sets of gloves, blue protective rubber mouth guard, sterile sleeve, door bell/chimer

## Teeth Whitening Protocol

### PRE-TREATMENT TRAY PREP

1. Put on gloves
2. Un-wrap tray from sterilization package
3. Compress 1ML of the 44% Carbamide Peroxide gel onto outer wall of each side of clear mouth tray then place onto sterilized white prep tray.
4. Swab one Q-tip in Aquaphor gel, place on white tray
5. Compress 1ml of the post treatment blue re-mineralization/fluoride gel onto the white prep tray. Place one Q-tip on the gel for post treatment application.

### PRE-TREATMENT SETTING PREP

1. Open one square clean wash cloth on table
2. Place prepped treatment tray onto white wash cloth
3. Attach blue light guard and securely place onto light.
4. Place empty plastic cup with 10 pumps of Listerine down on wash cloth.
5. Place one hand towel into basin

### TREATMENT

1. Pre-Treatment consult: Ask client if he/she has any venire or prosthetic dental (can not treat if the answer is yes). Read over the consent form and have him sign.
2. Verbally walk the client through the steps before beginning.
3. Step 1 – Ask client to look into mirror and compare their teeth with color wheel.  
Step 2 – Ask client to swab lips with Aquaphor Q-tip for moisture and protection from UV light.  
Step 3 – Ask client to insert pre-loaded clear mouth guard into her mouth, bite down into the inner rim and scoot back onto to teeth so gel stays on the outside. Maneuver around until it's comfortable and make sure all teeth are exposed. Be sure to instruct client to press mouth guard firmly against her teeth so gel gets evenly distributed on all her teeth.  
(NOTE: Because we are not a dentist office, we can not "put" anything into a client's mouth. All the products are exactly the same as what they can get from a dental office. The client doing it herself vs. dentist doing it saves her at least 50%.  
Step 4 – Adjust the mouth pc for height comfort and instruct client or help her put on her safety glasses  
Step 5– Turn on the UV lamp, preset to 20 minutes on high. Press START  
Step 6 – Instruct the client to press full mouth up against the blue rubber lamp protector.  
Step 7 – Show them the door bell/chimer to call you if they need anything at all.  
Step 8 – At the 20 minute mark instruct the client to take out mouth guard and spit out remaining fluid into a basin.  
Step 9 – Compare results with color wheel looking in mirror  
With Q-tip ask client to apply blue re-mineralization/fluoride gel to all her teeth. Sit with gel for 5 minutes. Client can leave with it on her teeth.  
Step 10 – Instruct client to not drink or eat anything with color or tannins like pasta sauce, wine, coffee, tea or juice for 24-48 hours while teeth are still oxygenating.

