

## INSTRUCTIONS FOR USE

# TOOTH WHITENER

## Carbamide Peroxide - Homemade Dental Whitener

### 1. PRODUCT DESCRIPTION

Tooth Whitener AF do BRASIL is a product developed for home use, based on products already known worldwide and highly recommended for whitening vital teeth. Its formula combines the high viscosity of the Carbomer gel that does not leak from the tray, like other bleaching agents. It uses the active ingredient Carbamide Peroxide in concentrations of 10%, 16% and 22% to obtain effective dental whitening. Carbamide peroxide breaks down into hydrogen peroxide, which penetrates dental porosity and oxidizes the pigments responsible for darkening teeth. It has a neutral pH so as not to cause enamel and dentin decalcification. Its formulation also contains a powerful humectant and a high water content that helps prevent dental dehydration. Tooth Whitener AF do BRASIL has a crystalline appearance and a unique mixture of Potassium Nitrate and Sodium Fluoride as desensitizing agents that reduce tooth sensitivity as much as possible during whitening.

### 2. PRESENTATION

Box with 1 (one) Syringe containing 3g of Tooth Whitener AF do BRASIL 10%, 16% or 22% and 1 (one) applicator tip.

### 3. COMPOSITION

Carbamide Peroxide, Neutralizing Agent, Thickener, Remineralizer, Structuring, Desensitizing Agents and Diluent (deionized water).

### 4. INDICATION OF USE

Tooth Whitener AF do BRASIL is for at-home use and is indicated for vital teeth whitening based on the dentist-supervised home-use tooth whitening technique. Tooth Whitener is effective in removing stains caused by congenital, systemic, pharmacological or traumatic factors, in addition to stains caused by aging. It presents excellent results against stains resulting from fluorosis, especially brown staining. It is also indicated against first-degree and second-degree Tetracycline stains.

Tooth Whitener with a concentration of 10% is more suitable for natural stains resulting from age, smoking or in cases of greater intensity of tooth sensitivity. The Tooth Whitener with a concentration of 16% and 22% is indicated for older and more pronounced stains, with difficult removal or for obtaining results in a shorter period of time.

### 5. PRODUCT ACTION

The AF do BRASIL Tooth Whitener has the action of the whitening agents penetrating the dental structures and their reaction with the pigmented molecules, oxidizing and fractionating into smaller and smaller molecular chains, causing the pigments incorporated to the tissues to be totally or partially eliminated from the dental structure by diffusion.

### 6. CONSERVATION/ STORAGE

- Keep the product in its packaging always closed;
- Protect from direct sunlight;



STORE THE PRODUCT AT TEMPERATURES BETWEEN 5°C AND 28°C. AND DO NOT FREEZE THE PRODUCT OR LEAVE IT EXPOSED TO HIGH TEMPERATURES.

### 7. INSTRUCTIONS FOR USE

Initially, it is recommended that a dentist perform a prophylaxis and record the color of the patient's teeth, using photographs or a Vitta color scale.

Before each application of the product, carry out complete and effective hygiene of the teeth with a brush and dental floss, avoiding aggressive brushing on the gums. Food residues can compromise the whitening result.

- Once the tray has been prepared and cleaned, remove the syringe cap and attach the applicator tip to place one to three drops of whitening gel in each compartment of the tray for the teeth to be whitened.

- After that, the tray should be positioned in the mouth, so that the teeth come into contact with the gel. Any excess gel should be removed.
- Take the trays, one by one, to the mouth and press them with the thumb and forefinger against the teeth so that the gel spreads and covers all of them.
- Remove excess gel with the help of the index finger.
- After using the tray filled with gel for the recommended time (from ½ hour to 2 hours daily, or the time recommended by the dentist), remove the tray.
- Clean the tray using a toothbrush and running water. Dry and store the tray in a suitable place.
- Rinse your mouth with water and, if necessary, brush your teeth again.
- After removing the tray, it should be carefully cleaned and stored with the opening of the teeth compartments facing downwards, so as not to retain water.

This product can be used during the day, as long as it is not immediately followed by a meal. In this case, the product must remain in contact with the teeth between 1 and 2 hours. Another option is to let it act during sleep, a period of approximately 8 hours. In both cases, continuous use of the whitening gel between 15 and 21 days is recommended, with supervision by the dentist. Special care must be taken not to chew or ingest while the tray is in the mouth.

### 8. CONTRAINDICATIONS

- Do not use the liquid alone;
- This is a product that must always be indicated and supervised by a dentist;
- Before starting treatment, inform your patient about the possibility of tooth sensitivity;
- The product should not be used by pregnant and/or breastfeeding women and in patients under 14 years of age;
- Avoid intentional and excessive ingestion of the product;
- Do not use on patients with any sensitivity to the components of this product. Patients with a history of allergies to the components of this formulation should consult a specialist before starting treatment;
- Avoid smoking during the treatment period and do not smoke immediately after removing the tray;
- During treatment, the patient should avoid ingestion of drinks, fruits and acidic products, thus avoiding sensitivity;
- Avoid consuming, during the treatment, products that contain strong dyes such as: coffee, chocolate, soft drinks, wines, beets, etc., in order not to compromise the whitening process.
- Advise your patient to return to the office to follow up the treatment after a week (7 days), in order to evaluate and guarantee the effectiveness of the dental whitening results until the end of the treatment;
- If any problem occurs, stop the treatment and tell your dentist;
- If a large volume of product is accidentally swallowed, seek medical attention;
- Non-injectable product. Do not reuse packaging.

### 9. SIDE EFFECTS

- Ingestion of large amounts of the product may cause nausea.
- Before starting treatment, inform your patient about the possibility of tooth sensitivity. Dental sensitivity is usually common during tooth whitening treatment. In this case, if the sensitivity persists, treat the teeth with the 0.2% desensitizing gel indicated for moderate to low sensitivity or the 2% desensitizing gel indicated for moderate to high sensitivity.
- Excess gel in the tray can cause slight irritation to the gingival tissue, so always remove the excess according to the patient's instruction manual.

**Suspend the use of the product in case of allergic reactions.**