

# Ena White Light Instruction for Use DENTIST GB (English)

Ena White Light is a dentist-controlled, dentist-supervised, take-home bleaching. It is a clear, flavoured, high-viscosity, sticky, 6% hydrogen peroxide gel. The product contains 6% hydrogen peroxide and glycol derivatives: it should not be used in cases known to be allergic or intolerant to either of these substances. Mint flavour can be irritating to some patients.

## HOME TREATMENT


Before treatment, it is wise to schedule the patient for a prophylaxis and oral hygiene visit including plaque and stain removal and enamel cleaning and polishing. In the same session, an alginate impression of the dental arches is taken to construct the individual matrix tray. This will be carried out by placing a sheet of thermoplastic material on the stone model softening and modelling it in an appropriate thermoforming machine. Before thermoforming, the buccal surfaces of the teeth on the model should be covered with a light-curing resin (Ena White Block-out) so as to create the reservoirs for the hydrogen peroxide gel. The matrix tray should be adapted and finished by removing the interdental zones and smoothing the gingival contours, in order to stabilize it at the top of the muco-gingival line. The borders of the matrix are softened over a flame to remove rough margins and avoid irritation of the oral mucosa. The thermoformed matrix is delivered to the patient with Ena White Light after detailed instructions on the mode of application of the gel. The patient must be informed about the necessity to reduce the intake of food and beverages, which have the increased capacity to cause discolouration, the number of cigarettes and all the habits that can negatively influence the treatment efficacy. Moreover, the patient should be made aware of possible transient episodes of hypersensitivity; if these become particularly annoying, the treatment should be temporarily suspended. The patient should insert a sufficient quantity of the gel in the appropriate buccal reservoirs of the matrix tray and wear it during the night or day for the indicated time; before put it away, in between treatments, the tray should be adequately cleaned with a brush.

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. The tip can be re-used only for the same patient, otherwise it is disposable.

## THE AVERAGE CYCLE OF TREATMENT RECOMMENDED IS WITH:

Ena White Light (6% hydrogen peroxide) 6-8 hours a day for 10 days.

## 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.

The use of peroxide can give rise to a series of problems, the more common being dentine hypersensitivity and irritation of the mucosa; it is therefore contraindicated in the presence of certain conditions, as listed below.

- Exposed dentine areas
- Pregnancy
- Presence of gingival inflammation
- Presence of extensive caries
- Presence of amalgam restorations in the anterior teeth (possible grey colouration caused by the chemical reaction peroxide-silver)
- Defected filling margins
- Dentinal hypersensitivity

A certain reduction in the micro-hardness of enamel, after treatment with hydrogen peroxide, has been recently observed, which nevertheless, returns to its initial condition, thanks to the remineralisation process commencing immediately after treatment. Topical application of a fluoride gel (Ena White desensitizing gel) which progressively re-mineralises the enamel hence is indicated

to reduce the phenomenon of pulpal sensitivity.

Finally, it was noted that treatments with hydrogen peroxide condition the possibility of performing an adhesive restoration, since they affect the presence of residual free radicals on the surface of the tooth and this could influence the bond strength between the adhesive system and the tooth surface. It is therefore appropriate to allow at least two weeks after the treatment is completed, before obtaining a clinically viable adhesive bond. With regards to the soft tissues, the necessity for an adequate design of the matrix tray is paramount or else, the outflow of the material will occur with the consequence of more or less acute gingival irritations, sensations on an unpleasant taste and burning of the palate. The use of peroxide in general is not recommended for a patient, who has recently had periodontal surgery, nor in handicapped patients, or in heavy smokers.

If gingival or tooth discomfort persists (such as excessive temperature sensitivity), inform patient to remove tray, discontinue treatment and make an appointment for evaluation. Maintain control of Ena White Light whitening agent, dispensing only what is needed to reach the next evaluation appointment. Monitor patients' bleaching progress to prevent bleaching beyond the desired level of whitening or degree of translucency. Understand each patient's expectations before beginning treatment. Inform patients that existing crowns, tooth coloured fillings, etc., do not whiten, even though natural teeth potentially will.

Ena White Light whitening agent is supplied in preloaded 3 ml syringes. Material is NOT to be injected, and patients should be instructed to dispose of syringes when empty. Store the bleaching syringes in refrigerator at the temperature 2°C-8°C (36°F-46°F). Instruct patients to keep Ena White Light out of heat and/or direct sunlight. Cap the syringe or the tip after use.

Patients with heavy occlusion or bruxers may require a thicker tray. We recommend 0.60" tray material.

Avoid treatment if patient may swallow or aspirate tray. Instruct patients to be careful not to swallow gel or rinsed gel.

Ena White Light tooth whitening products contain peroxide; swallowing large amounts can be harmful.

### BLEACHING OF VITAL TEETH WITH ENA WHITE LIGHT 6% HYDROGEN PEROXIDE

Clinical images courtesy Dr. Lorenzo Vanini



Patient before treatment



Plaster model obtained from an alginate impression



To provide reservoir space in bleaching tray a light-curing resin (Ena White Block-out) is applied



The bleaching tray will be carried out by placing a sheet of thermoplastic material on the model



The bleaching tray shaped and finished



The bleaching gel is applied on the buccal side of the teeth involved



Home treatment with Ena White Light (6% hydrogen peroxide)



Result after treatment (6-8 hours a day for 10 days)

MICERIUM S.p.A.  
Via Marconi, 83 - 16036 Avegno (Ge) - I  
Tel. +39 0185 7887 880  
hfo@micerium.it  
www.micerium.com

