



Clinical Protocol

1.	Shades have to be assessed using a value ordered standard Vita shade-guide. Record all shade measurements at baseline, and, if possible, take an initial photo of the upper and lower teeth.
2.	Clean the teeth to be bleached by pumicing the facial surface. Check that the teeth to be treated are perfectly clean.
3.	Isolate with cotton rolls in the vestibule and lightly air-dry the teeth. Apply a cheek retractor.
4.	Protect the gingiva with "X-PLOSIVE SMILE DAM".
5.	The gingival dam can be polymerized by using "X-PLOSIVE LIGHT" or "X-PLOSIVE SMART LIGHT" time = 1 min.
6.	Syringe "X-PLOSIVE SMILE 38%" in office gel onto the teeth, being careful not to overfill.
7.	Use "X-PLOSIVE LIGHT" or "X-PLOSIVE SMART LIGHT" with time = 10 min. Push the light source close to the cheek retractor and press "light on/off" button. At the end of the whitening cycle the LED will turn off automatically. Remove the gel from the teeth. Do not wash with water.
8.	Do again point n° 6 and 7. Normally 2 whitening cycles are enough. In case, do again point n° 6 and 7 for optimal results.
9.	Remove the gel from the teeth and the gingival dam from the gingiva. Wash with cool water.
10.	In case of sensibility, apply "X-PLOSIVE SMILE DESENS".
11.	Bleaching can be continued at home with "X-PLOSIVE SMILE PAINT-ON"