



## Perfecta® Bravó® The 30-minute, Once-A-Day Tooth-Whitening Treatment

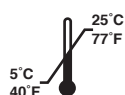
US Patient Instructions

FR Mode d'emploi pour le patient

ES Instrucciones para el Paciente



Manufacturer: Premier® Dental Products Company  
1710 Romano Drive, Plymouth Meeting, PA 19462 U.S.A.  
(888) 670-6100 • (610) 239-6000 • premierdentalco.com • Made in U.S.A.



**Rx ONLY**

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US

### Perfecta® Bravó®

The 30-Minute, Once-A-Day Tooth-Whitening Treatment

**This product is intended for use under the supervision of a licensed dentist.**

#### Reasonable Expectations

This treatment removes most tobacco, food, beverage and aging stains. Discoloration from medicine, minerals, injury or illness may not respond as well.

Two weeks usually are required for stable results.

Temporary tooth sensitivity to hot and cold may occur.

Loading the tray with too much gel may temporarily irritate gums.

A slight change in tooth color 3 to 5 years after treatment is normal since certain foods, beverages, tobacco and poor oral hygiene may stain teeth.

**Results vary from patient to patient depending on stain type, stain intensity and tooth-structure characteristics.**

#### Your Responsibilities

Wear your tray only as instructed by a licensed dentist. Do not overfill your tray with gel.

Follow tray-wear schedule and length of treatment determined by your dentist.

If you experience tooth sensitivity to hot or cold, report it to your dentist.

If your gums become sore, consult your dentist.

Keep your smile whiter with good oral hygiene practices and limiting use of staining foods and beverages.

#### Wearing the Tray

• Brush your teeth prior to tray wear.

• Prepare syringe for dispensing gel. Replace end cap with dispensing tip included in kit. Lock dispensing tip into syringe end hub with a 3/4 turn (fig. 1).

• Remove protective cover of dispensing tip with a twisting motion (fig. 2).

Retain protective cover for re-use.

• Apply a small even strip of gel (approximately the diameter of the dispensing tip) into the lower tray area that contacts the front teeth.

• Avoid overfilling the tray.

• Close off dispensing tip with protective cover (fig. 3).

• Insert the loaded tray so it seats firmly around the teeth. If you overfilled the tray, remove excess gel from gums with a cotton swab or toothbrush.

• You can go about your normal activities, but do not eat, drink, smoke or grind your teeth against tray while in place.

#### Recommended Schedule for Perfecta® Bravó®

Avoid overfilling the tray.

Wear 30 minutes, once a day, for two weeks.

Do not exceed recommended wear time of 30 minutes.

Your doctor may prescribe a shorter wear schedule.

Most patients require at least two weeks of daily wear for stable results.

Touch-up whitening schedule: wear 30 minutes, once a day for three to four days.

**Please note: The above are only general treatment recommendations.**

**For best results, follow the specific instructions from your dentist.**

#### Cleanup and Storage

Residual gel should be removed from teeth with a soft bristle toothbrush and warm water.

**Avoid food and drink for at least 30 minutes after tray removal.**

Clean trays with warm water and a toothbrush.

Store your trays in the case.

Store gel at room temperature out of light.

#### Keeping Your Whiter Smile

Coffee, tea, tobacco, red wine and dark soft drinks all stain teeth; however, brushing immediately after using these products will help keep stains from penetrating your enamel.

Periodic touch-up treatments with Perfecta® Bravó® whitening gel can help prolong results.

Ask your dentist about a recommended touch-up schedule.

#### Safety Information

**Keep whitening gel out of the reach of small children.**

**Eyes:** Rinse thoroughly with water, if irritation persists, seek medical attention.

**Skin:** Rinse thoroughly with water.

**Stomach/Ingestion:** For ingestion in small amounts (1oz. or more) administer milk (water or other liquid if milk is unavailable) to dilute stomach contents. For ingestion in large amounts (> 3 oz. in children, > 8oz. in adults), administer milk (water or other liquid if milk is unavailable) to dilute stomach contents and contact a physician for further treatment.

**Inhalation:** Not applicable

**Clothes:** If whitening gel contacts clothing, rinse with warm water immediately.

To obtain a SDS visit premierdentalco.com or call Premier® Customer Service at 888-670-6100 or 610-239-6000.

#### Common Questions

**If I am pregnant or nursing, should I have this treatment?**

There is no known hazard associated with whitening teeth while pregnant or nursing; however, consult your physician and your dentist for more specific recommendations.

**Can tooth whitening hurt my teeth?**

Substantial clinical and laboratory research has shown that with proper use, tooth-whitening gels have no adverse effect on teeth.

**Can tooth whitening hurt my gums?**

Overfilled trays, excessive tray wear, or an ill-fitting tray can cause irritation. When used correctly, tooth-whitening gels have no adverse effect and often improve the health of gum tissue.

**Are there any side effects?**

Some patients experience temporary tooth sensitivity to hot and cold. This usually occurs in the first week. Your dentist can offer options to alleviate this condition.

**Will this affect my crowns or fillings?**

No. Tooth whitening will not affect fillings, crowns or other tooth-colored restorations. Occasionally, amalgam fillings may leave a harmless grey residue in your tray.

**How is this different from TV or over-the-counter products?**

Using a custom tray made from a model of your teeth, your treatment will be under the supervision of your dentist. Also, some over-the-counter products contain harmful acids or abrasives which can damage your teeth or gums.

