



PREVENT AND HYGIENE



# WHITENING PREVENT AND HYGIENE





# **OPALESCENCE** WHITENING REFERENCE GUIDE

PRODUCT NAME	CONTENTS	INDICATIONS FOR USE
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### **Cosmetic Tooth Whitening**



Opalescence™ PF 10 %	Potassium Nitrate, Fluoride, and Xylitol	COSMETIC, TAKE-HOME Patients with sensitivity concerns; can be worn day or night
Opalescence <sup>™</sup> PF 16 %	Potassium Nitrate, Fluoride, and Xylitol	COSMETIC, TAKE-HOME Faster whitening, recommended to wear during the day
Opalescence Go™ 6 %	Potassium Nitrate, Fluoride, and Xylitol	COSMETIC TAKE-HOME Ready-to-go, an alternative to store-bought products

### **Medical Tooth Whitening**\*



Opalescence™ Quick PF 45 %	Potassium Nitrate, Fluoride, and Xylitol	MEDICAL, IN-OFFICE Office supervised whitening for treating dark, internally discolored teeth
Opalescence™ Endo	_	MEDICAL, DENTIST-ADMINISTERED Internal whitening of non-vital endodontically treated teeth
Opalescence™ Boost™ 40 %	Potassium Nitrate and Fluoride	MEDICAL, DENTIST-ADMINISTERED Fast chairside treatment

### **Other Treatments**



Opalustre™ Microabrasion Slurry	_	DENTIST-ADMINISTERED Chairside treatment to remove superficial enamel imperfections
UltraEZ™ Desensitizing Gel	Potassium Nitrate and Fluoride	TAKE-HOME Sensitivity treatment

Note: To determine HP equivalence from a labeled CP concentration, divide by three.

For example, 45% CP is equivalent to ~15% HP.

This is important to know in order to correctly assess the intensity of whitening products.

FLAVORS	WEAR TIME	ACTIVE INGREDIENT	Hydrogen Peroxide vs. Carbamide Peroxide Concentrations
10 % Mint 10 % Melon 10 % Regular	8–10 hours a day	10 % Carbamide Peroxide	~3% HP 10% CP
16 % Mint 16 % Melon 16 % Regular	4–6 hours a day	16 % Carbamide Peroxide	~5,8% HP
6 % Mint	60–90	6 % Hydrogen Peroxide	6% HP
6 % Melon	minutes a day		

45 % Mint	15–30 minutes a day	45 % Carbamide Peroxide	~15% HP	
_	1–5 days per treatment	35 % Hydrogen Peroxide	35	% HP
_	2–3 20-minute applications DO NOT exceed 3 applications per visit	40% Hydrogen Peroxide		40% HP

_	Office visit	6,6 % Hydrochloric Acid Silicone Carbide
	15–60 minutes a day	3 % Potassium Nitrate and 0,25 % Neutral NaF

<sup>\*</sup>Medical Devices for Tooth Whitening are not available in some countries of the European Union. Please ask your Dental Dealer.

# THE **OPALESCENCE** WHITENING STORY



### THE LEADER IN TOOTH WHITENING FOR MORE THAN 30 YEARS

#### From one smile to millions

"Dad, I need my teeth whiter. Dad, I need my teeth whiter."

Jaleena was persistent. She would cut tooth whitening advertisements out of dental journals and leave handwritten reminders on her dad's nightstand. As Dr. Fischer's 14-year-old daughter, Jaleena was determined to keep her dad's attention focused on developing what would later be known as Opalescence™ whitening.

"Be patient, love. I'm working on something," Dr. Fischer would say.

In Ultradent's R&D department, Dr. Fischer worked tirelessly to get his whitening product just the way he wanted it. He knew it needed to have a sticky, viscous composition to keep the gel in place and to prevent it from leaching out of the tray onto the soft tissue. It needed to provide sustained peroxide release for superior whitening results. And it needed to be delivered via a soft, thin scalloped tray with reservoirs to ensure the maximum amount of gel stayed in contact with the teeth during the entire treatment.

One night in 1990, after Dr. Fischer was finally satisfied with the whitening gel he and his team had come up with, he took it home to Jaleena. He had her load the new Opalescence™ whitening gel in the tray before bed and asked her to wear it throughout the night. "When you wake up in the morning," he said, "don't take the tray out. Come find me, and we'll take it out together." The next morning, Jaleena and her dad took the tray out. After just one night, she had gone from an A3 to an A1.

It's been more than 30 years since that eventful morning for Jaleena and her dad. In that time, the Opalescence™ whitening family has gone from one sticky, viscous 10% carbamide peroxide formula to a full menu of whitening products. Now the world leader in whitening, Opalescence™ whitening has helped millions of people brighten their smiles, giving them more confidence and improving their quality of life. And it can do the same for your patients!

# **COSMETIC TAKE-HOME WHITENING** WITH OPALESCENCE™ PF WHITENING

### **COSMETIC CUSTOM TRAYS**

10% and 16% Carbamide Peroxide with Potassium Nitrate and Fluoride





**Opalescence™ PF** whitening gel offers your patients professional whitening power in the comfort of their own homes. Available in Mint, Melon, and Regular flavors, Opalescence™ PF whitening is delivered via custom-made trays, further tailoring the treatment to your patients' smiles. Opalescence™ PF tooth whitening gels contain PF (potassium nitrate and fluoride) to strengthen enamel and reduce sensitivity. The water-based gel prevents dehydration

and shade relapse. It is available in formulations of 10% and 16% carbamide peroxide. Help patients select the best method depending on their level of sensitivity, how fast they want to see results, and how long they want to wear their trays (4–6 hours or overnight). After the first application in the dental office, the whitening trays can conveniently be worn at home.

1. realityesthetics.com.

#### Instructions



Express one continuous bead of gel (1/3 to 1/2 of a syringe) halfway up from the incisal edge to the facial side of the tray.



Place tray over teeth. Gently press tray to move gel into place. Pressing too firmly will force gel out of tray.



Remove excess gel with a soft toothbrush. Wear 10% for 8–10 hours and 16% for 4–6 hours.



At the end of treatment, brush teeth and use soft toothbrush and water to clean tray.



Before whitening



After 8 days of treatment with Opalescence PF 16% whitening, every day for 3 hours.



Before whitening



Upper teeth after 5 nights of treatment, approximately 40 hours.

# **COSMETIC TAKE-HOME WHITENING** WITH OPALESCENCE GO™ WHITENING



**Opalescence** Go<sup>™</sup> whitening features ready-to-go convenience with an enhanced tray design for an even more adaptable and more comfortable whitening experience. After just 10 minutes in the mouth, the UltraFit<sup>™</sup> tray softens and molds to the arch to create a custom-like fit that is remarkably comfortable and effective. And its molar-to-molar coverage ensures the gel comes in contact with more posterior teeth. Opalescence Go<sup>™</sup> whitening is available in 6% hydrogen peroxide (60–90 minute wear time) and delicious Mint and Melon

flavors. Opalescence Go™ tooth whitening gels contain PF (potassium nitrate and fluoride) to strengthen enamel and reduce sensitivity. The water-based gel prevents dehydration and shade relapse. After the first application in the dental office, the whitening trays can conveniently be worn at home.





1. realityesthetics.com.

#### Instructions



Remove product from packaging.
"U" – Upper whitening tray
"L" – Lower whitening tray



Position upper tray on teeth.



Bite firmly, then suck on tray for 2 seconds

**Before and After** 



Remove colored outer tray, leaving the white inner tray on teeth. Repeat the process for the lower tray.



After indicated wear time, remove whitening trays and brush teeth.



Before whitening.



After 6 days with Opalescence Go whitening for 90 minutes.

### MEDICAL IN-OFFICE WHITENING WITH OPALESCENCE™ ENDO WHITENING

MEDICAL, NON-VITAL ENDONTICALLY TREATED "WALKING BLEACH" 35% Hydrogen Peroxide







**Opalescence™ Endo** whitening is specially formulated to whiten endodontically treated discolored teeth caused by disease, injury, or medical treatment using the "walking bleach" technique. Once Opalescence™ Endo whitening gel is delivered to the pulp chamber, it should be sealed with a

temporary cement, and left in the tooth for one to five days.

Medical Devices for Tooth Whitening are not available in some countries of the European Union. Please ask your Dental Dealer.

1. realityesthetics.com.

### **Instructions**



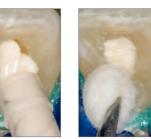
Completely remove all the restorative and root sealing material from the coronal pulp chamber and 2-3 mm below healthy gingiva. Place a 2 mm thick conventional glass ionomer or a resin modified glass ionomer to seal the endodontically treated canal. Verify set of material before proceeding.



into the coronal pulp chamber, avoiding soft tissues. Fill the pulp chamber with UltraTemp™ Regular temporary filling material, leaving 3–5 mm of space to allow for the necessary depth.



A thin cotton membrane or a small piece of cotton pellet can be used as a separator between temporary and whitening gel. Make sure to place gently to not displace the whitening gel onto the margins, as this will compromise the temporary seal. However, this is not a requirement if adequate space is left to accommodate temporization. Deliver mixed UltraTemp<sup>TM</sup> Regular filling material directly to site.



Easily wipe away excess with a wet cotton ball or gauze before it sets.

Treatment finished. Repeat every 1–5 days until desired results are achieved.



Before whitening.



After whitening.



Before whitening.



After whitening.

### MEDICAL IN-OFFICE WHITENING WITH OPALESCENCE™ BOOST™ WHITENING



**Opalescence™ Boost™** whitening is used for medical tooth whitening in the dental office. Opalescence™ Boost™ whitening is an alternative, conservative method for treating dark, internal discolored teeth (compared to crowns, veneers, etc.) caused by disease, injury, or medical treatment like e.g. congenital, systemic, metabolic, pharmacological, traumatic, or iatrogenic factors such as dental fluorosis, elevated bilirubin, tetracycline, and adult minocycline stains, porphyria, trauma, and erythroblastosis fetalis. With Opalescence™ Boost™ whitening, the dentist can treat discolorations in a very focused and effective way.

Medical Devices for Tooth Whitening are not available in some countries of the European Union. Please ask your Dental Dealer.

#### **IMPORTANT NOTE:**

After mixing, Opalescence Boost whitening gel is good for 10 days refrigerated.

WARNING: Clinician, assistant, and patient must wear protective eyewear with side shields when mixing and applying Opalescence Boost in-office whitening.

1. realityesthetics.com.

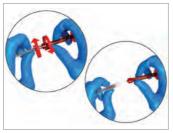
### **Mixing Instructions**



1. Confirm that the syringes are securely attached. Depress the small clear plunger (A) into the middle small clear syringe (B) to rupture the internal membrane and combine whitening agent and activator. Press the plunger of the red syringe into the larger clear syringe.



2. Press the plunger of the red syringe (C) in, pushing all contents into the clear syringe (B).



3. Press all mixed gel into RED syringe and separate the two syringes.



4. Attach the Black Mini™ tip onto the red syringe. Verify flow on a cotton gauze or mixing pad prior to applying it intraorally. If resistance is met, replace the tip and recheck the flow.



Before whitening.



After whitening.



Before whitening.



After 4 treatments of 20-minute applications.

### MEDICAL IN-OFFICE WHITENING WITH OPALESCENCE™ BOOST™ WHITENING

#### **Before and After**



1. Before Opalesence Boost tooth whitening treatment. 20-year-old man with discoloration on central aspect of maxillary incisor. Tooth whitening started following completion of orthodontic treatment. The tooth has an opaque brownish spot in the middle of the facial surface.



2. Allow the gel to remain on the teeth for 20 minutes per application.



3. After two 20-minute applications of Opalesence Boost whitening.



**OpalDam**<sup>™</sup> light-cured resin barrier is a passively adhesive (sealing) methacrylate-based resin barrier used for isolating tissue adjacent to teeth being whitened. For single-tooth whitening, it may be used to protect adjacent teeth.

OpalDam<sup>™</sup> resin barrier is light reflecting to minimize heat and tissue sensitivity during curing. OpalDam<sup>™</sup> Green resin barrier ensures a safe, unmistakable barrier every time.

1. realityesthetics.com.

#### **Instructions**





1. Apply OpalDam resin barrier 4–6 mm wide on gingiva. Seal interproximal spaces. Overlap resin approximately 2-3 mm onto dry enamel to seal. Extend resin one tooth beyond last tooth to be whitened. Light cure using a scanning motion for 20 seconds.





Remove cured resin quickly and easily in one piece or a few large pieces. Check interproximally for retained resin. Designed to remove easily from embrasures and undercuts.

### MEDICAL IN-OFFICE WHITENING WITH OPALESCENCE™ QUICK WHITENING

### MEDICAL CUSTOM TRAYS

45% Carbamide Peroxide with Potassium Nitrate and Fluoride









Opalescence™ Quick whitening gel is administered under a dentist's supervision in the controlled setting of the reception/waiting room. It is applied using a customfitted, scalloped tray. Treatment times range from 15-30 minutes to the dentist's discretion. Opalescence™ Quick whitening is for medical in-office use only. It provides an alternative, more conservative modality of treating dark, internally discolored teeth (compared to crowns, veneers, etc.) caused by disease, injury, or medical

treatments such as congenital, systemic, metabolic, pharmacological, traumatic, or iatrogenic factors such as dental fluorosis, tetracycline, adult minocycline stains, trauma, erythroblastosis fetalis, elevated bilirubin levels, and porphyria.

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1. realityesthetics.com.

#### Instructions



Express one continuous bead of gel (1/3 to 1/2 of a syringe) halfway up from the incisal edge to the facial side of the tray.



Place tray over teeth. Gently press tray to move gel into place. Pressing too firmly will force gel out of tray.



Remove excess gel with a soft toothhrush



Wear the tray for 15-30 minutes in the waiting room.



Before: the teeth with dentinogenesis imperfect have a gray appearance.



After 4 sessions with Opalescence Quick whitening, the teeth are remarkably lighter.



a longer treatment.



Before: severe tetracycline cases require After half a year and about 18 sessions.

### **SPECIALTY WHITENING** WITH OPALUSTRE™ SLURRY



**Opalustre™** slurry has a low 6,6% hydrochloric acid concentration with silicon carbide microparticles to improve esthetics through chemical means. This microabrasion provides a minimally invasive treatment that permanently removes superficial enamel imperfections, mild fluorosis, or demineralization. It can provide life-changing results in one treatment.

Opalustre<sup>™</sup> slurry features optimum viscosity for precise abrasion and control of the slurry and the active treatment keeps the clinician in direct control. Use Opalustre<sup>™</sup> slurry with OpalCups<sup>™</sup> cups to minimize splatter and efficiently work the slurry into the affected area. We recommend using a fluoride treatment after Opalustre<sup>™</sup> treatment.

1. realityesthetics.com.

#### Instructions



Before



After rubber dam placement, apply Opalustre slurry to affected area using the syringe.



Use OpalCups Bristle cup to compress Opalustre slurry on tooth surface using medium to heavy pressure. Suction the paste from the teeth then rinse, evaluate, and repeat as necessary. Finish treatment by polishing with OpalCups Finishing cup.



After enamel microabrasion and 21 days of using Opalescence whitening





Remove or significantly reduce mild to moderate decalcification related to orthodontic treatment with a few applications of Opalustre slurry. Apply with stiff bristle cup and 10:1 gear reduction handpiece with firm pressure.





Enamel decalcification corrected after one application of Opalustre slurry using OpalCups bristle cup and 10:1 gear reduction handpiece with firm pressure.

# **AFTERCARE** WITH ULTRAEZ<sup>™</sup> DESENSITIZING GEL



**UltraEZ™** desensitizing gel is a sustained-release 3% potassium nitrate gel with fluoride (0,25% neutral NaF). The sticky, viscous gel stays in the trays and on the teeth and provides an immediate desensitizing effect. This sustained-release formula quickly treats sensitivity from toothbrush abrasion, thermal and chemical changes, tooth whitening, and root exposure. It features the revolutionary

 $UltraFit^{**}$  tray. The product is used either by a dental professional in the office or provided to the patient for home treatment of dentin sensitivity.

1. realityesthetics.com.

### **Instructions with prefilled trays**



Position upper tray on teeth.



Bite firmly, then suck on tray for 2 seconds.



Remove colored outer tray, leaving the white inner tray on teeth. Repeat the process for the lower tray.



After indicated wear time, remove white inner trays and brush teeth.

### **Instructions with syringes**



Express one continuous bead of gel (1/3 to 1/2 of a syringe) halfway up from the incisal edge to the facial side of the tray.



Place tray over teeth. Gently press tray to move gel into place. Pressing too firmly will force gel out of tray.



Wear for 15 minutes to 1 hour per day.



At the end of treatment, brush teeth and use soft toothbrush and water to clean tray.

### **AFTERCARE** WITH OPALESCENCE™ WHITENING TOOTHPASTE



**Opalescence™ Whitening Toothpaste\*** assists in the prevention of dental caries and helps maintain bright, white smiles.

- Contains hydrated silica which is proven to remove staining
- Gentle on gums
- Safe for long-term daily use
- Contains sodium fluoride to help prevent cavities and strengthen enamel<sup>2</sup>
- Exceptional fluoride uptake<sup>3</sup>
- 78 RDA for maximum enamel, dentin, and restoration protection<sup>4</sup>
- Triclosan and TiO<sub>2</sub> free
- Vegan no animal products are used
- Three kinds of exotic mint are blended into a fresh, clean, cool flavor
- Sweetened with xylitol which may reduce the risk of tooth decay
- Our Sensitivity Relief formula provides all the whitening benefits of the Original, with the added benefit of maximum trength 5% potassium nitrate



1. Çakmakçioğlu O, Yilmaz P, Topbaşi BF. Clinical evaluation of whitening effect of whitening toothpastes: A pilot study. OHDMBMC. 2009: 8(4);613. 2. Sivapriya E, Sridevi K, Periasamy R, Lakshminarayanan L, Pradeepkumar AR. Remineralization ability of sodium fluoride on the microhardness of enamel, dentin, and dentinoenamel junction: An in vitro study. J Conserv Dent. 2017;20(2):100–104. doi:10.4103/JCD.JCD\_353\_16 3. Schemehorn, BR. Enamel Fluoride Uptake 09-107. Data on File. 4. Attin, T. Assessment of relative dentin abrasion (RDA) of two toothpastes from Ultradent Products, Inc., Universitat Zurich: Zurich, Switzerland. 2021. Data on file. \*This toothpaste does not contain peroxide.

### **ADDITIONAL PRODUCTS**

### FOR WHITENING TREATMENTS

Ultradent<sup>™</sup>LC Block-Out Resin
Sof-Tray<sup>™</sup> Classic Sheets
Ultra-Trim Scalloping Scissors
Opalescence<sup>™</sup> Pocket Tray Cases
OpalDam<sup>™</sup>/OpalDam<sup>™</sup> Green Resin Barriers
KleerView<sup>™</sup> Retractor
Umbrella<sup>™</sup> Tongue-, Lip-, & Cheek Retractor





### Ultradent™ LC Block-Out Resin Light cured block-out resin



- Optimal viscosity for proper application
- Blue color for visibility during application
- · Great utility resin with multiple uses



#### Sof-Tray™ Classic Sheets

Sheet material for vacuum-forming of trays

- 0,9 mm Sof-Tray for most whitening trays
- 1,5 mm Sof-Tray for whitening patients who are bruxers
- 2,0 mm Sof-Tray for severe bruxers



# **Ultra-Trim Scalloping Scissors**For trimming trays

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- Use for precise trimming of border around interdental papilla
- Spring loaded to minimize finger fatigue
- Grips tray material easily
- · Made of durable stainless steel

### **Opalescence™ Pocket Tray Cases** Tray storage



- Protect trays when they are not in use
- Flat, pocket-sized design
- Inside dimensions: 7,5 x 7 x 1,5 cm







- OpalDam™ and OpalDam™ Green Light-cured resin barriers
- Applies directlyOffers effective coverage of oral tissues
- with impervious seal, making in-office whitening easier than ever before
- Light reflecting to minimize heat and tissue sensitivity during curing
- · Removes easily

### KleerView™

Cheek / Lip retractors



Perfect for in-office tooth whitening

### Umbrella™

Tongue-, Lip-, & Cheek Retractor



Perfect for in-office tooth whitening



### **ULTRASEAL XT™ HYDRO** HYDROPHILIC PIT AND FISSURE SEALANT



**UltraSeal XT™ hydro** hydrophilic pit and fissure sealant is a light-cured, radiopaque composite sealant that contains fluoride. It is stronger and more wear resistant because it is a 53%-filled resin and has less polymerization shrinkage than competitive products. Used with the Inspiral™ Brush Tip, the thixotropic nature of UltraSeal XT plus sealant causes itself to thin as it's expressed from the tip — allowing it to penetrate deep into the pits and fissures. When the resin

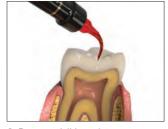
stops flowing the shear thinning ceases and placement is complete — preventing it from running before it can be light cured. The advanced, hydrophilic chemistry works when all visible moisture has been removed. UltraSeal  $XT^{\text{\tiny M}}$  hydro sealant is more forgiving of moisture deep inside pits and fissures.

1. realityesthetics.com.

#### Instructions



1. Etch for 30 seconds on uncut enamel, 15 seconds on cut enamel Rinse.



2. Remove visible moisture.



3. Place UltraSeal XT hydro sealant.



 Cure for 3 seconds with VALO<sup>™</sup> LED curing light on Xtra Power mode or 10 seconds on Standard Power mode.

### **ULTRASEAL XT™ PLUS** HYDROPHOBIC PIT AND FISSURE SEALANT

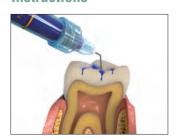


**UltraSeal XT™ plus** hydrophobic pit and fissure sealant is a light-cured, radiopaque, fluoride-releasing composite sealant. It is stronger and more wear resistant because it is a 58%-filled resin and has less polymerization shrinkage than competitive products. Used with the Inspiral™ Brush Tip, the thixotropic nature of UltraSeal XT plus sealant causes itself to thin as it's expressed from the tip — allowing it to penetrate deep into the pits and fissures. When the resin

stops flowing the shear thinning ceases and placement is complete — preventing it from running before it can be light cured. Using PrimaDry drying agent with UltraSeal XT plus sealant enhances penetration into pits and fissures by eliminating moisture that can cause failure in hydrophobic sealants.

1. realityesthetics.com.

### Instructions



1. Etch for 30 seconds on uncut enamel, 15 seconds on cut enamel. Rinse.



2. Remove visible moisture. PrimaDry drying agent will desiccate.



3. Apply PrimaDry agent for 5 seconds with Black Micro™ FX™ tip, then air dry.



4. Place UltraSeal XT plus sealant.



5. Cure for 3 seconds with VALO™ curing light on Xtra Power mode or 10 seconds on Standard Power mode.

### **PRIMADRY**<sup>™</sup> DRYING AGENT



**PrimaDry**<sup>™</sup> drying agent is optimal for pit and fissure drying and prior to placement of hydrophobic sealants. It contains 99% organic solvents and 1% primer. PrimaDry<sup>™</sup> drying agent rapidly volatilizes moisture content of pits and fissures after rinsing off etchant with water spray and air drying. The ultrafine primer film allows UltraSeal XT<sup>™</sup> plus

sealant to flow perfectly into every pit and fissure. Do not use on dentin or with Ultraseal XT™ hydro sealant.

- For use with UltraSeal XT plus pit and fissure sealant
- Reduces microleakage in hydrophobic sealants

### **ULTRADENT™ UNIVERSAL DENTIN SEALANT**



**Ultradent™ Universal Dentin Sealant** is a biocompatible, nonpolymerizable, high-molecular-weight resin in a volatile organic solvent. Coat sensitive roots with Ultradent Universal Dentin Sealant to seal tubules and reduce discomfort after root planing or scaling.

- Quick application paint and dry
- Great for hygienists' "tool box"
- Ideal following scaling and root planing
- Temporary blockage of tubules

# **ENAMELAST**<sup>™</sup> FLUORIDE VARNISH



**Enamelast™** fluoride varnish is a xylitol-sweetened, 5% sodium fluoride in a resin carrier. Its unique formula is made with a patented adhesionpromoting agent for enhanced retention, while providing superior fluoride release and uptake. Available in syringe applications in Walterberry™ flavor and unit-dose applications in Walterberry, Orange Cream, Cool Mint, Bubble Gum, and Caramel flavors, and Flavor-Free.

- Patented adhesion-promoting agent for enhanced retention
- Superior fluoride release and uptake
- Smooth, nongritty texture
- Nearly invisible appearance
- Nut free and gluten free

1. realityesthetics.com.

#### **Before and After**







Immediately after applying Enamelast fluoride varnish.













# **SOFTEZ**<sup>™</sup> **TIP**

The **SoftEZ™ tip** is designed for use with Enamelast™ fluoride varnish. The tip fibers provide visible, controlled delivery and smooth application.











