Hints from Howard Æsthetics

In-Office Bleaching Technique

Howard E. Strassler, DMD
Bleaching product used at the dental school is a 40% hydrogen peroxide.

The in-office bleaching can be with or without light enhancement. Usually need at least two separate visits for acceptable results and least amount of bleaching relapse.
Does heat or light enhance vital tooth bleaching?

- Light activation does not seem to increase efficacy of bleaching agents tested.
- Color stability and enamel dehydration are important parameters to evaluate efficacy. Light activated are lighter immediately after but are less stable than non-light activated.
- Tested: Xtra Boost (38%HP); EasyWhite Ready (30%HP-PAC); Zoom2 (25%HP-Zoom2)

Does in-office bleaching work?

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- 7 systems tested
- All bleached similar
- **No difference with or without light**
- Relapse occurred one year after bleach (~41%)
- All teeth at 1 year were lighter than before bleach
How many visits for in-office whitening?

Often need more than one visit necessary to reach a patient’s satisfaction.

Does heat or light enhance vital tooth bleaching?

- 11 different systems compared
- Color checked 2 and 7 days post treatment
- The use of heat and/or light did not have any visual effective on tooth whitening and had no accelerated effective on peroxide decomposition.

Although light enhancement is not necessary, patients may request the light enhancement. There is no adverse effect from light enhancement.
Technique for in-office bleaching

Thank you to Ultradent for providing the images in this presentation
Before the bleaching procedure take a reference shade using a shade guide
Safety precautions
high concentration peroxide

- Operator and patient must wear protective eye wear
- Patient and doctor must wear a clinic gown to protect their clothes from the bleaching agent
- Any chairside assistant must wear protective clothing and eyewear
To avoid sensitivity during the procedure

For patients not allergic, dispense 400 mg of ibuprophen 15-30 minutes before starting the procedure
Mixing the bleaching gel
Read the follow directions !!!

- Verify two syringes are firmly attached before mixing.
- Press the plunger of red syringe pushing gel into the clear syringe. Forcefully press the small clear stem into the larger clear stem. Then press the clear plunger into the red syringe.
- To activate, press the chemical from the red syringe into the clear syringe with thumbs. Reverse action and mix a minimum of 25 times on each side.
Activated bleaching gel

- Press all mixed gel into red syringe.
- Separate two syringes and attach Micro 20ga FX tip onto red syringe.
- Check flow of red syringe on a gauze or mixing pad before intraoral use.
- If resistance, recheck for safety to the patient.
Make sure teeth are clean before bleaching

- Do a mini-prophy polish and rinse
- Place the Ultradent IsoBlock and plastic retractors (other bleaching retractors can also be used)-you want the patient to be comfortable so they can bite down

Teeth must be clean and dry
Application of soft tissue barrier

- Place the flowable resin soft tissue barrier as a continuous bead along the free margin of the gingiva overlapping approximately 0.5 mm onto the enamel.
- Be certain the proximal gingival papilla are also isolated.
- The gingival must be protected from chemical burns.
Light cure the flowable soft tissue barrier material

- Light cure the resin soft tissue barrier for 20 seconds each segment.
- There are a variety of different colors to the soft tissue barrier materials (green, blue, white)
Apply the bleaching gel

- For safety also eye protection. **Never** carry syringe near patient’s eyes!
- Apply 0.5-1 mm thick layer of bleaching gel to the labial surfaces of all teeth to be bleached covering slightly over the incisal edge and occlusal surfaces.
- Gel in place for 20 minutes
Repeat bleaching gel application 2-3 times. Do not rinse with water—suction gel from teeth

- Do not rinse with water or air-water spray. **Suction** the gel from the teeth after 20 minutes.
- Repeat 2-3 times until the desired results are achieved.
- DO NOT exceed 3 applications per visit
- Usually a second visit is necessary
After final application

- After final application is completed, all visible gel must be suctioned from the teeth
- Rinse teeth to thoroughly remove all remaining gel
Remove soft tissue barrier

- Gently slide a tip of a dental instrument under the soft tissue barrier and lift the soft tissue barrier from the teeth.
- Be certain all soft tissue barrier has been removed.
Evaluate shade

- Evaluate shade change.
- If additional whitening is desired, reschedule the patient in 3-5 days to repeat the application.
One week postop

Different patient
Two separate visits
5 days apart and then
One week post-op
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