

The Power of Bleaching

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With so many bleaching materials on the market today, it is really hard to decipher which products to use and why.

As dental assistants, we are not trained to decide what is the best percentage of bleach, what is safest for a particular patient, and most importantly, whether to use an in-office or home treatment (or both). Most of the time we draw upon both our own experience and our patients' responses.

In this article, we used several different systems from Heraeus. We chose patients of varying ages and used differing methods for predictable results.

Optimal Results begin with a Comprehensive Oral Exam and Records

The dentist must first make an assessment as to whether the patient is an ideal candidate for bleaching. We suggest that the patient first undergo a thorough dental hygiene visit to remove extrinsic stain, calculus and plaque.

During this initial visit, we can provide dental x-rays, periodontal charting, digital photography and pre-operative study models for home-trays if needed. Make sure to take pre-operative photos with and without a shade guide to prove shade change.

Who is a Candidate?

Teeth that are yellowish-brown (A shade range) and typically stained from aging tend to whiten more rapidly than teeth that range from gray to grayish-brown (C to D). Patients who consume large quantities of dark soft drinks, tea, coffee, grape juice, red wine, and/or use tobacco will achieve greater success with the in-office procedure as compared with an at-home bleaching procedure.

Significant whitening can be achieved in most cases, but there is no definitive way to predict how white a patient's teeth will get. Shade change results vary for every patient. Teeth with tetracycline stains, decalcifications, traumatic injuries, or root canal therapy may require further treatment.

Please note that bleaching is not recommended for women who are pregnant or breast-feeding.

Medications

Some medications are commonly considered to be photoreactive and may cause an adverse condition if used in conjunction with the power bleaching solutions. If the patient is currently taking any of these medications, have the patient consult with their physician before going through with a bleaching procedure. Have the patient consult the most recent edition of the Physician's Drug Reference (PDR).

Planning for Less-Than-Ideal Results

Patients with tetracycline-stained dentition or intrinsic pigmentation will require additional visits and possible home tray alliance to achieve optimal results.

Case studies conducted in my office have shown that patients with these stains may benefit from a 10-second, 35% phosphoric acid etch to assist in the breakdown of the tetracycline band, which helps the carbamide peroxide break through the enamel more quickly and cause a color change. Be sure that if an acid etch is used in the bleaching process, an enhance cup should be used to polish the enamel surface.

Most in-office bleaching systems contain an at-home counterpart to maximize results and help meet patient expectations.



Venus White Max

Venus White Max is an in-office treatment consisting of a 38% hydrogen peroxide gel typically applied in three or four 15-minute sessions. Venus White Max offers syringe-to-syringe mixing which chemically activates the product, ensures a thorough mix, and provides maximum freshness.

Venus Comfort Gel is available separately and contains both potassium fluoride and potassium nitrate to minimize any sensitivity associated with bleaching.

CPS Suggestions for Venus White Max:

We used Venus White Max on 15 patients. Not a single patient complained of sensitivity. All were able to go through 4 rounds of treatment and were given home trays for follow-up. All patients achieved changes of at least 3 real Vita shades whiter. CPS always recommends a home-tray follow-up after any in-office whitening for optimal results. If a patient only wants in-office, we recommend 2 to 3 in-office treatments.



Venus White Pro

Venus White Pro is a mint-flavored take-home whitening system used with custom-made trays. It is available in 16% and 22% carbamide peroxide strengths, and contains potassium nitrate to minimize sensitivity.

CPS Suggestions for Venus White Pro:

We always recommend that you stress to your patients that they must bleach every day. Whitening is an investment. When we hear from patients that they did not get the results they wanted, it is usually because they did not commit to the treatment.



Venus White Ultra

Venus White Ultra consists of seven upper and seven lower pre-filled, disposable whitening trays. The once-a-day treatment provides an 11.2% hydrogen peroxide gel with a pleasant mint flavor. The trays are designed to mold securely around each tooth for maximum comfort, with upper and lower trays sized differently for best fit.

CPS Suggestions for Venus White Ultra:

Venus White Ultra is a great bleach choice for teenagers. When my daughter wanted to bleach her teeth, I wasn't sure which product to use or even if it should wait. We started her on Venus White Ultra and saw results in just one treatment. It is a great option for teens, without the investment in home trays – especially if there is a concern with patient compliance.

Clinical Procedure for Venus White Max 38% Hydrogen Peroxide In-office Whitening



Comprehensive Oral Exam and records were done on this patient along with pre-operative digital photos.



Patient's teeth were cleaned with a soft pumice.



Retractors and gingival barrier were placed. Make sure barrier resin is covering all areas of the tissue.



Mix room-temperature contents (whitening gel and activator) by pressing material from one syringe to the other 12-13 times in each direction.



Apply 1mm thick layer of Venus White Max mixed gel to the facial surfaces of the teeth.



After 10 to 20 minutes suction off the bleaching material. Do not use water during initial suction. After all visible gel is removed, follow with a gentle rinse. Air dry teeth.



Re-apply Venus White Max three to four times, or until desired shade is achieved. Do not exceed six applications.



Final shade lighter than a B1.



Venus White Max is a 38% Hydrogen Peroxide In-office Whitening System.

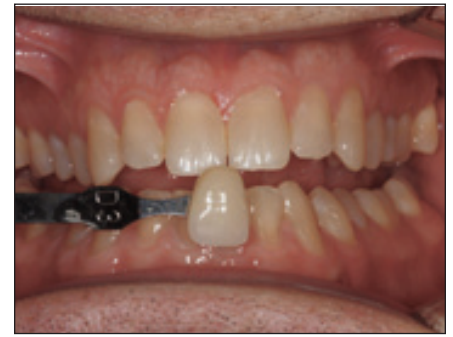
Clinical Results for Venus White Pro 16% and 22% Carbamide Peroxide Take-home Whitening



Patient 1: Pre-Operative patient shade of A2.



Patient 1: After 2 weeks of Venus White Pro 16% take-home, patient is now a O20 on the Chromoscope shade guide.



Patient 2: Pre-Operative patient shade of C3.



Patient 2: After 3 weeks of Venus White Pro 22% take-home, patient is now an A1.



Patient 3: Pre-Operative patient shade of B2.



Patient 3: After 3 weeks of Venus White Pro 22% take-home, patient is now a O40 on the Chromoscope shade guide.



Patient 4: Pre-operative patient shade of A2.



Patient 4: After 2 weeks of Venus White Pro 16% take-home, patient is now O40 on the Chromoscope shade guide.



Venus White Pro is a Take-home Whitening System available in 16% and 22% Carbamide Peroxide.

Clinical Procedure for Venus White Ultra 11.2% Hydrogen Peroxide Whitening Trays



Gently peel back foil and remove tray.



Place tray on upper teeth, gently press against tray with fingers.



Place tray on lowers, gently press against tray with fingers.



Seated upper and lower trays.



Keep trays in mouth for 30 to 45 minutes. Remove trays, discard, and rinse mouth with water.



Result after 3 uses of Venus White Ultra.



Venus White Ultra is an 11.2% hydrogen peroxide gel that is worn 30 to 45 minutes a day for 7 days.