

Getting those pearly whites their whitest!

Tooth whitening principles

- Whenever you put carbamide or hydrogen peroxide on teeth, they will bleach!
- It depends on two things that are inversely proportional – concentration and contact time.
- Teeth that have been bleached can easily be re-bleached.
- Use an informed consent for tooth whitening procedures.
- Demographics that you should know
 - Tray bleaching – 80% of tray bleaching is done by women ages 25-50.
 - One hour bleaching – 50% men and 50% women.

One hour whitening in one hour – wrap technique developed by Dr. Louis Malcmacher

- Take pre-op shade match.
- Take pre-op photos.
- Place bleaching gel in hot water (140-160 degrees) about 10 minutes before you are going to use it.
- Place cheek retractors and lip moisturizer
- Clean teeth with toothpaste or a fine pumice – do not apply a lot of pressure.
- Apply Protect by Sunstar Butler as a desensitizer along of the cervical regions of the teeth to be bleached. Let air dry for 30 seconds.
- Protect the gingival with paint on dental dam. Make sure the tissue is dry for good adhesion and to create a good seal. Place it on 2-4 teeth at a time and then cure with the Denmat Sapphire Supreme plasma arc light, holding it approximately one inch from the gingival. It should be cured for 1 second per tooth.
- Apply the highest concentration bleaching gel you can find on the teeth. Bleed the syringe so that both components are coming out equally before you place the mixing tip on. Teeth should be dry. Apply about a 1mm thick layer of gel on each tooth. Apply the gel to the lingual of the tooth, only going down the tooth one third of the way from the incisal.
- Cover the gel and the teeth with a piece of clear Saran Wrap that measures approximately 6cm by 2 cm. A Crest Whitestrip also works well. Lightly place the wrap on the teeth, being careful not to spread the gel to the soft tissue. Fold the wrap onto the lingual and it will tack nicely into place. The wrap can be more easily manipulated with cotton pliers and a metal instrument for placement than with your gloved hands.
- Place the Denmat Sapphire Supreme plasma arc light in close proximity to the teeth. Activate the light.
- Evaluate the patient approximately every 20-25 minutes. If the teeth are very dark, then reapply the gel after each 15 minute session.
- After one hour, remove the wrap and wash off the gel.

- Remove the paint on dam and the cheek retractors.
- Repolish the teeth with the fine pumice or toothpaste.
- Take shade post operatively.
- Take after photos.
- Give post op instructions to patient.