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# whitening



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# how to guide whitening



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Interest in tooth whitening has grown exponentially. A whiter smile is equated with youth and wellness, and gives patients a sense of improved self-esteem. The US Journal of Esthetic dentistry reported that of those patients who have had tooth whitening, 80% of them return for further aesthetic dentistry.

The legality of whitening remains controversial, however the Secretary for Health, Anne Kean made a statement in July 2007 that only registered dentists should undertake tooth whitening. In agreement, the GDC ruled that tooth whitening is the practice of dentistry.

There is now plenty of research to show that whitening products are safe and effective, with a long lasting effect. The protection societies advise that patients should be given comprehensive information and made aware of what to expect in terms of the side effects and benefits of treatment. Dealing with sensitivity should be discussed with the patients.

The DENTSPLY Illuminé chairside technique can be used without a light, meaning that once the trays are placed in the mouth, the patient can wait in the waiting room while you see another patient. It does not require gingival protection if the trays are placed at the correct time; when the material turns to a "mozzarella" consistency. The home products are effective and easy to use with excellent packaging for patients to take home. The use of fluoride will help reduce the incidence of sensitivity.

## Objectives

Upon completion of this guide, the clinician will be able to do the following:

- A** Understand how whitening works and the chemical agents used
- B** Understand the benefits of the Illuminé™ system over many of the other whitening systems available on the market
- C** Be aware of the different techniques for the In-Office and At-Home system
- D** Appreciate the importance of correct tray manufacture.

**Always read the manufacturer's full directions for use before commencing treatment**

### Contra-indications/Warnings

- 1** Use during pregnancy or lactation.
- 2** Known allergy to hydrogen peroxide or other ingredients of the products.
- 3** Extrinsic stains which can easily be removed by professional tooth cleaning and which can be prevented by thorough oral hygiene.
- 4** Use in heavy smokers unless they refrain from smoking during the treatment.

### Tray Manufacture

- There are full directions for use included with all Illuminé™ products for the laboratory.
- In summary, the In-Office system requires a 3-4mm reservoir and should be short of the gingivae by 1mm.
  - For the At-Home system, the reservoir should be 0.5-1mm and short of the gingivae by 1mm.

## Illuminé™ Teeth Whitening: In-Office Technique



- 1** Securely fasten syringe A and B together by carefully threading the stopcock onto syringe. Hold syringe A in an upright position (cap up, plunger down)



- 2** Holding the coupled syringes horizontally, turn the stopcock to the ON position (parallel to the syringes). Place thumbs securely on the ends of the plungers. Remove thumb from syringe B and apply thumb pressure to plunger A.



- 7** Working quickly, express the material into the reservoirs of the tray while holding the tray upright. Use the applicator tip to guide even placement of the material.



- 8** NOTE: The material will begin to turn from a liquid to a rubbery semi-solid approximately 30 to 60 seconds after mixing. Ensure that the material in the reservoirs is a semi-solid prior to seating the tray in the patient's mouth. The surface of the material will change from glossy to a dull finish when it becomes a semi-solid

## Illuminé™ Teeth Whitening: At-Home Technique



- 1** Brush and floss teeth prior to wearing the tray.



- 2** Prior to first use of an Illuminé™ home syringe, replace cap by one of the applicators provided.

## Marketing tips

Make sure your patients know about your whitening service by:

- Displaying the Illuminé™ marketing material where your patients can see them
- Place 'before and after' images on your web site or on a digital photo frame at the reception desk
- Incentivise your staff to interest your patients in teeth whitening
- Before starting any restorative work, ask your patient if he/she is interested in teeth whitening
- Whiten the teeth of staff members so patients can speak to them about the treatment

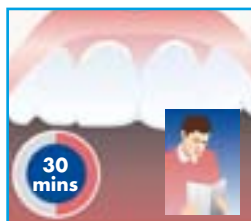
## What is teeth whitening?

Teeth whitening systems use bleaching chemicals to set off a chemical reaction (specifically, an oxidation reaction) that breaks apart staining compounds in the enamel. Most tooth whiteners use one of two chemical agents: carbamide peroxide or hydrogen peroxide. When used in the mouth, carbamide peroxide (a more stable version) breaks down into hydrogen peroxide and urea, with hydrogen peroxide being the active whitening ingredient.

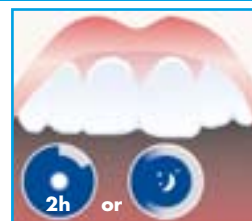
When applied to the tooth, the hydrogen peroxide breaks down into water and radical hydroxyl ions. As these ions work their way through the dentinal tubules, they attach themselves to stain particles and effectively break the stains apart. With the stains removed the teeth appear whiter and brighter.



- 3** Quickly injecting the LIQUID contents of syringe A into the POWDER contents of syringe B. Quickly mix the contents back and forth about 3 to 6 times, until the powder is completely dissolved, finishing in syringe A.
- 4** DO NOT continue to mix once the powder is dissolved. Over-mixing will cause the material to set up too quickly. Turn the stopcock to the OFF position (perpendicular to the syringe barrel).
- 5** Disconnect syringe A in upright position from the stopcock and set syringe B aside.
- 6** Place the applicator tip onto Syringe A and twist to secure.



- 9** Seat the tray onto the patient's arch, gently pressing the reservoirs to ensure contact of the formulation with the tooth surface.
- 10** IMPORTANT: Ensure that there is NO contact of the formulation with the gingival tissue. Use a scaler or explorer to gently remove any material that may be in contact with the gingiva.
- 11** The patient may now wait comfortably in the operatory or waiting room for 30 to 60 minutes.
- 12** Remove the tray(s) from the patient's mouth. Remove any remaining Illumin  material from the patient's teeth with dry gauze (do not use water as this will make the material sticky and difficult to remove), using a gentle sweeping motion. Additional cleaning with a scaler or explorer or dry flossing may be required to remove material from the interproximal areas.



- 3** Open applicator by breaking off tip (retain tip to close applicator after use of syringe).
- 4** Place a small amount of gel towards the facial side of each tooth to be treated. DO NOT overfill the tray. Close applicator on syringe and retain syringe for next treatment until empty. Each syringe contains approx. 3 to 5 applications.
- 5** Insert the gel tray in the mouth over the teeth. Wipe the excess material from the gum or tissue with your finger or toothbrush.
- 6** Wear the tray for a minimum of 2 hours suggested.



- 7** Do not eat or drink anything or smoke while wearing the tray.
- 8** After treatment, remove tray and rinse teeth. Brush away any remaining gel.
- 9** Clean the gel tray with warm water and a toothbrush. Dry thoroughly and store in the tray holder.

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