External Vital Bleaching

Take a pre-operative shade, clinical photographs with and without the shade tab

Take the shade in natural day light if possible.

Discuss the types of whitening available: Chairside, home or a combination

Obtain consent, discussing the risks, benefits, cost and time

Take alginate impressions for home whitening trays

Disinfect the impressions and send them to the laboratory

Rebook the patient for fit and advise the use of a sensitivity toothpaste inbetween

Check the fit of the trays in the mouth

Select the type and concentration of bleaching gel- keep records of this

Demonstrate how to apply the gel and provide written instructions

Review before the final syringe- help the patient tailor the use of it i.e. focussing on darker teeth

Take post-operative photographs with and without the intial shade tab when treatment is complete

Wait two weeks prior to any planned composite bonding

Not advised in under 18's, pregnant or breastfeeding.

- · Existing restorations will not change shade
- · Transient sensitivity
- · Gingival irritation
- · External cervical resorption
- · Reduced bonding strength of composite

Information to send to the laboratory:

- 'Please cast the impressions and construct a gingivally fitted bleaching tray'.
- A good starting design is to ask for whitening trays with no reservoirs and to extend the tray over the gingival level by 2mm (no scalloping). This improves the seal, stability and overall comfort.

Hydrogen peroxide 6% (day) or carbamide peroxide 10%/16% (night).

- Clean and dry the whitening trays.
- · Brush and floss before insertion of the whitening tray.
- Hydrogen peroxide is used for 1-2 hours during the day and carbamide peroxide for 6-8 hours overnight.
- Typical treatment lasts 12-14 nights.
 Severe staining may take longer.
- Place a wide rice grain sized amount at the base of each tooth in the tray.
- Minimise the waste, do not place gel in the tray for teeth that are not visible in the smile line
- · Avoid coloured foods, drinks and toothpaste