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Shade improvement

Whitening severely stained teeth using the GentleWhite bleaching system

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Following are step-by-step procedures for whitening severely stained teeth using the GentleWhite bleaching system. The procedure involves a three-visit protocol.

Appt. 1: Treatment planning, tray impressions

The patient presents with severe tetracycline staining (Fig. 1) and is interested in porcelain veneers. If the original tooth shade had been used, an aggressive reduction of sound, healthy enamel would have been necessary to allow for porcelain thickness to help mask the severe discoloration brought on by the systemic tetracycline. Using successful dental bleaching, a conservative approach, such as direct bonding or Lumineers (Den-Mat) could easily follow.



Fig. 1 Patient presents with severely stained teeth.

1. Complete an initial examination of the patient and take the necessary digital radiographs to determine existing conditions. The patient had recently visited a periodontist for prophylaxis. Oral soft tissue was examined as well.
2. Take a series of digital photographs using the Canon EOS-10D (6.3 megapixel) SLR digital camera with 100-mm zoom macro lens and ring flash (NormanCamera.com) and necessary retractors and mirrors using the AACD recommendations. Also take pre-op shade photos.
3. Take full-arch upper and lower alginate impressions; pour in yellow stone and trim.
4. Prepare models and fabricate bleaching trays, which will be dispensed at the second appointment. My preferred method for this procedure is as described by Dr. Rodger Kurthy in his book, *Deep Bleaching, the Holy Grail of Teeth Whitening!* (Note: Is available from Web site http://rodtheideaguy.com/deep_bleach_book.html).

Appt. 2: Pre-conditioning bleaching, tray delivery

Pre-conditioning the enamel with in-office bleach improves the effectiveness of the take-home bleach, as it enhances the oxygen bleaching ions for deeper penetration into the enamel surface. Note: No intraoral soft tissue barrier is required except for eye and lip protection. No anti-inflammatory pre-medication is needed.

1. Mix equal parts of the viscous gel and powder of the GentleWhite Variant Hydrogen Peroxide (VHP) bleaching system (Fig. 2).



Fig. 2 Mix viscous gel and powder together.

2. Place the mixed white, non-slumping, toothpaste-like bleaching gel (Fig. 3) onto the tooth surface.



Fig. 3 Mixed bleaching gel.

3. Light cure the gel using the Cure &Whiten 100 pac light (IMDS) in the automated bleaching mode.

4. Bleaching is completed in approximately 45 minutes (Fig. 4). Note: Bleaching of patient's teeth that do not have severe discoloration can be completed in 30 minutes.



Fig. 4 Bleaching completed.

5. Try-in the previously fabricated trays to make sure there is an airtight seal around the teeth.

6. Advise the patient to avoid colored beverages and staining foods over the next few weeks and to continue the whitening procedure using GentleWhite Super 30 take-home kits.

7. Advise the patient to perform bleaching for 20 minutes each day at home for the next three weeks. Note: Because the patient in this case has severe discoloration, the bleaching time was

increased to two hours per day.

Appt. 3: Final in-office bleaching

The patient's teeth had noticeably lightened over the last few weeks. One additional session is intended to create a truly white, bright smile.

1. Gently pumice the teeth.
2. Coat the patient's lips with a barrier of petroleum jelly and cover the patient's eyes with UV-resistant goggles.
3. Apply Ultra-Etch 35% phosphoric acid (Ultradent) on the facial surface of each tooth intended for deep bleaching for only 5 seconds. Note: Choose three teeth at a time and then have the assistant immediately rinse the teeth prior to continuing to the next three teeth. This etching provides a direct path into the deeper enamel layers.

Fig. 5 shows the frosty appearance of the teeth immediately after removing the etchant.



Fig. 5 Frosty appearance of teeth after removing etchant.

4. Mix equal parts GentleWhite Variant Hydrogen Peroxide (VHP) viscous gel and powder (see Fig. 2 again).
5. Paint the non-slumping material on each tooth (Fig. 6), and position the bleaching tip of the Cure & Whiten light near the teeth.



Fig. 6 Paint material on each tooth.

6. A one-hour session is provided, during which the patient is continually asked about his

comfort level.

7. At the end of the session, suction off the remainder of the bleach and ask the patient to rinse vigorously with water. Note: Enamel permeability is high; therefore, do not allow the patient to rinse with a colored mouthrinse.

8. Seal the enamel surface and help return the natural gloss to the enamel layer using a single coat of Brush & Bond self-etching, 4-meta based composite bonding agent (Parkell), as it can be cured by any light source. Note: Place the material on the entire facial surface, especially near the cervical area, so that no unsealed enamel remains.

9. Place DuraFinish nano-filled brush-on glaze (Parkell). Note: The surface sealant will eventually wear off, and patients are told not to upset this coat.

10. Take final facial and intraoral photos with shade tabs as well as final digital photos (Fig. 7).



Fig. 7 Patient's teeth after bleaching is completed.

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