

Take Home Tooth Bleaching

Answers to commonly asked questions:

1. Does 10 % carbamide peroxide applied in a tray bleach teeth?
Yes. Profoundness of bleach depends on: 1.) type of stain; 2.) intensity of stain; 3.) bleach contact time on teeth; 4.) amount of available active ingredient in bleach.
2. What type of stains have best prognosis?
Teeth darkened during aging. (brown-orange) responds predictably by lightening 2-3 increments on Vita shade guide. Other types of stains (flourosis, smoker's stain, tetracycline) are also lightened, but results are case dependent.
3. How long does it take before change is perceptible?
1-3 days for teeth darkened from age and 7-10 days for other types of stain.
4. Do teeth bleach evenly?
Generally Yes. but, not always. Often, incisal bleaches more. Occasionally, spotting occurs. Uneven distribution of bleach or variable response of tooth at different sites may be cause.
5. How long do bleached teeth retain lighter color?
Answer is unknown. However, cases that bleached well initially have remained stable over 10 month test period. If needed, retreatment is simple.
6. What is the best treatment regimen for patients to use outside of the dental office?
Remove plaque. Insert tray 3-4 hours once or several times per day. Replenish _____ bleach each hour. Research showed volume of bleach in tray dropped to less than half after 1 hour due to saliva dilution and swallowing. Therefore, hourly replenishment is indicated. To determine length of time the patient will wear tray, we suggest patients be allowed to seek their own comfort level so long as they understand speed of bleach relates directly to number of hours tray is worn.
7. Are there side effects to the treatment?
Sometimes. Tooth hypersensitivity, soft tissue, lesions or sluffing, nausea, TMJ disorder from tray, and sore throat from swallowing bleach have occurred in some patients. However, greatest majority have had no side effects.
8. Has FDA approved home-use bleaching products yet?
No. FDA's future plans are unknown. Some clinicians have patient sign informed consent. However, since this is a cosmetic procedure, FDA approval may not be necessary.
9. What causes teeth to lighten?
Answer is Unknown.