

Teeth Whitening Implications & Ramifications

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BACKGROUND

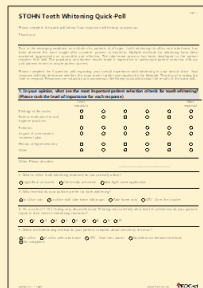
Tooth whitening is any process that lightens the color of a tooth and can be achieved by a dentist in-office, or at home with whitening products.

- ❖ Lifestyle habits can lead to darker teeth color.
- ❖ The most common adverse are temporary tooth sensitivity and gingival inflammation.
- ❖ Tooth whitening is the most sought-after cosmetic process in dentistry.
- ❖ **Objective:** To understand patient selection, efficacy, and adverse events to assure patient success.

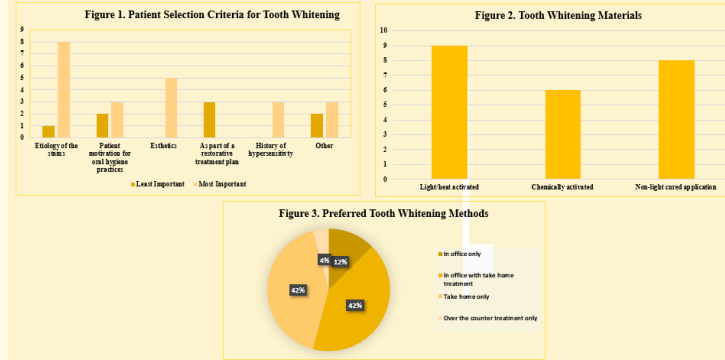


METHODS

- ❖ South Texas Oral Health Network: Dental Practice- Based Research Network
- 5 question REDcap Quick poll
- Data was aggregated and analyzed for frequency
- N= 24 practitioners participated
- Data was collected anonymously

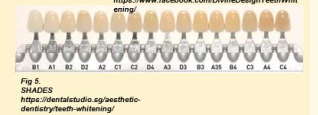


RESULTS



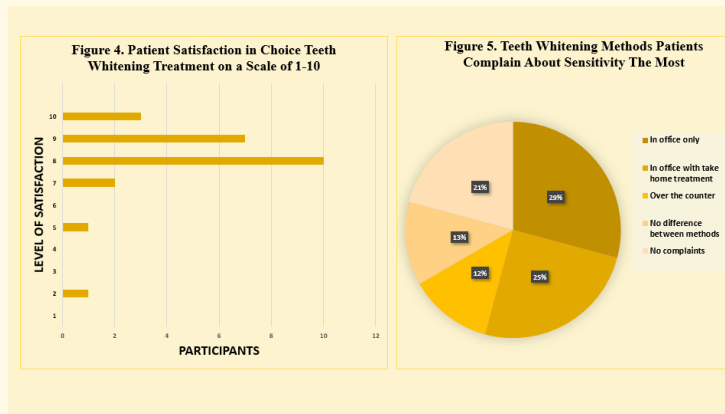
CONCLUSIONS

- ❖ Most patients are satisfied with their teeth whitening method.
 - ❖ Tooth sensitivity is mainly reported from in-office treatment.
 - ❖ In-office and in-office with take home treatments are mainly preferred.
 - ❖ Tooth whitening is safe and effective when done properly.
- Importance:** Popularity among patients of all ages make it imperative to understand patient selection.



CITATIONS

- ❖ Carey C. M. (2014). Tooth whitening: what we now know. *The journal of evidence-based dental practice*, 14 Suppl, 70–76. <https://doi.org/10.1016/j.jebdp.2014.02.006>
- ❖ Epple, M., Meyer, F., & Enax, J. (2019). A Critical Review of Modern Concepts for Teeth Whitening. *Dentistry journal*, 7(3), 79. <https://doi.org/10.3390/dj7030079>



BACKGROUND

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Fig. 1
LIGHT CURE WHITENING
<https://www.smilesatdoral.com/cosmetic-dentistry/teeth-whitening/>



Fig.2
AT HOME TEETH WHITENING
<https://www.sosasha.com/tag/guide-to-natural-teeth-whitening/>



Fig.3
WHITENING KIT
<https://www.allure.com/story/best-drugstore-at-home-teeth-whitening-kits>

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Page 1

STOHN Teeth Whitening Quick-Poll

Please complete the quick-poll below. Your responses will be kept anonymous.
Thank you!

Due to the emerging emphasis on esthetics by patients of all ages, tooth whitening (in-office and take-home) has been deemed the most sought-after cosmetic process in dentistry. Multiple methods for whitening have been marketed aggressively as accessible and effective. The take-home process has been developed so the patient requires little skill. The popularity and diverse results make it imperative to understand patient selection, efficacy and adverse events to assure patient success.

Please complete the 5-question poll regarding your overall experience with whitening in your dental office. Your response will help determine whether this issue merits further investigation by the Network. Thank you for taking the time to respond. Responses are voluntary and anonymous. We'll keep you posted about the results of the quick poll.

1. In your opinion, what are the most important patient selection criteria for tooth whitening?
(Please rank the level of importance for each response)

	Least important					Most important
Etiology of the stains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patient motivation for oral hygiene practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Esthetics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
As part of a restorative treatment plan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
History of hypersensitivity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other: Please describe. _____

2. What in-office tooth whitening materials do you currently utilize?
 Light/heat activated. Chemically activated. Non-light cured application.

3. What method do your patients prefer for tooth whitening?
 In office only In office with take home follow ups Take home only OTC - Over the counter

4. On a scale of 1-10 (1 being very dissatisfied and 10 being very satisfied) what level of satisfaction do your patients report in their choice of whitening treatment?
 1 2 3 4 5 6 7 8 9 10

5. Which teeth whitening method do your patients complain about sensitivity the most?
 In office In office with take home OTC - Over the counter No difference between methods
 No complaints

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RESULTS

Figure 1. Patient Selection Criteria for Tooth Whitening

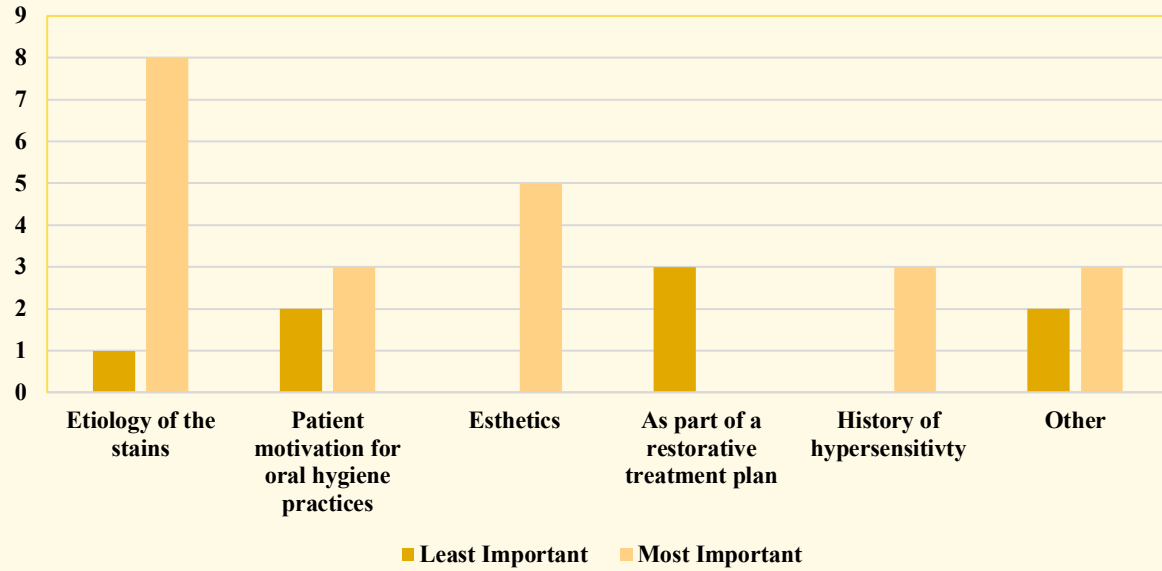


Figure 2. Tooth Whitening Materials

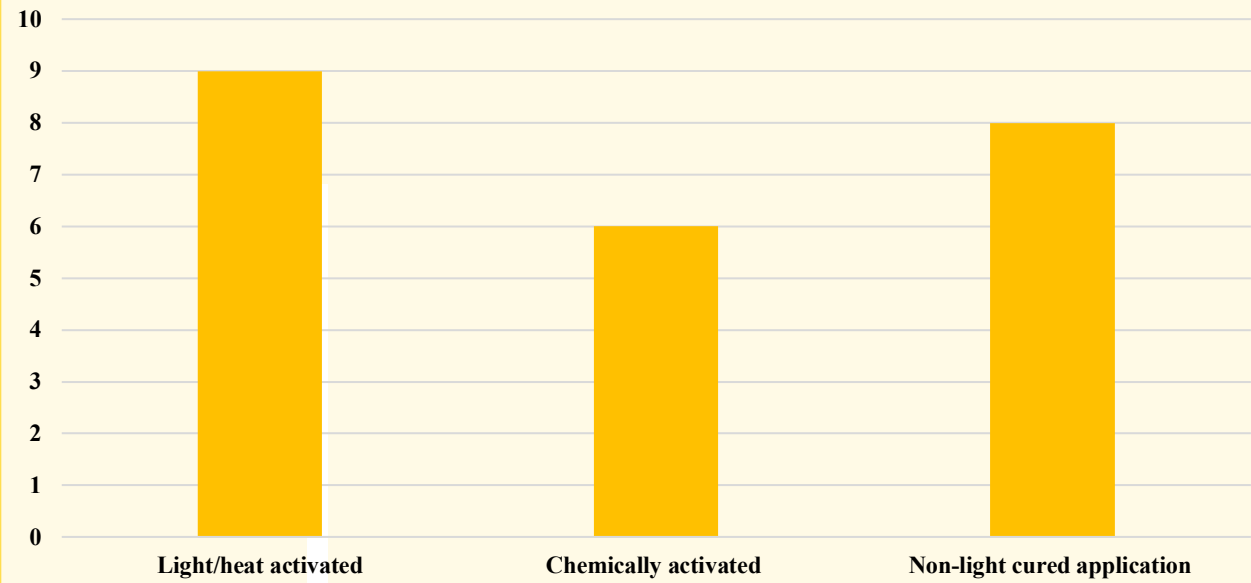


Figure 3. Preferred Tooth Whitening Methods

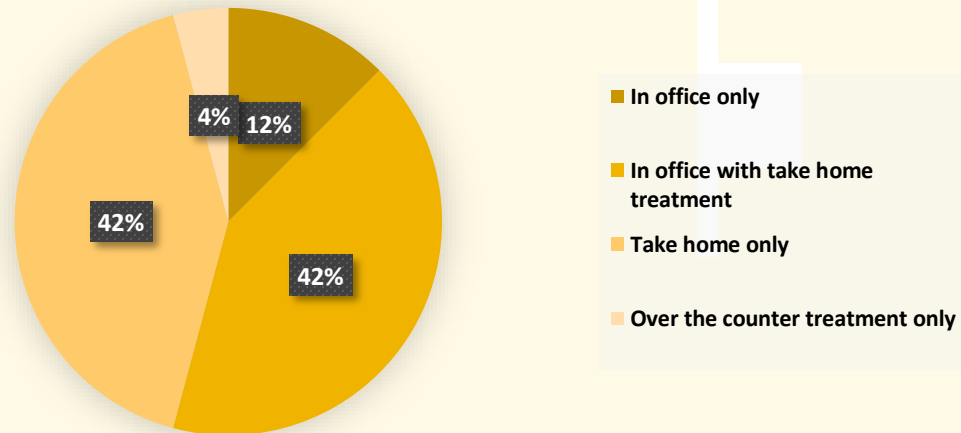


Figure 4. Patient Satisfaction in Choice Teeth Whitening Treatment on a Scale of 1-10

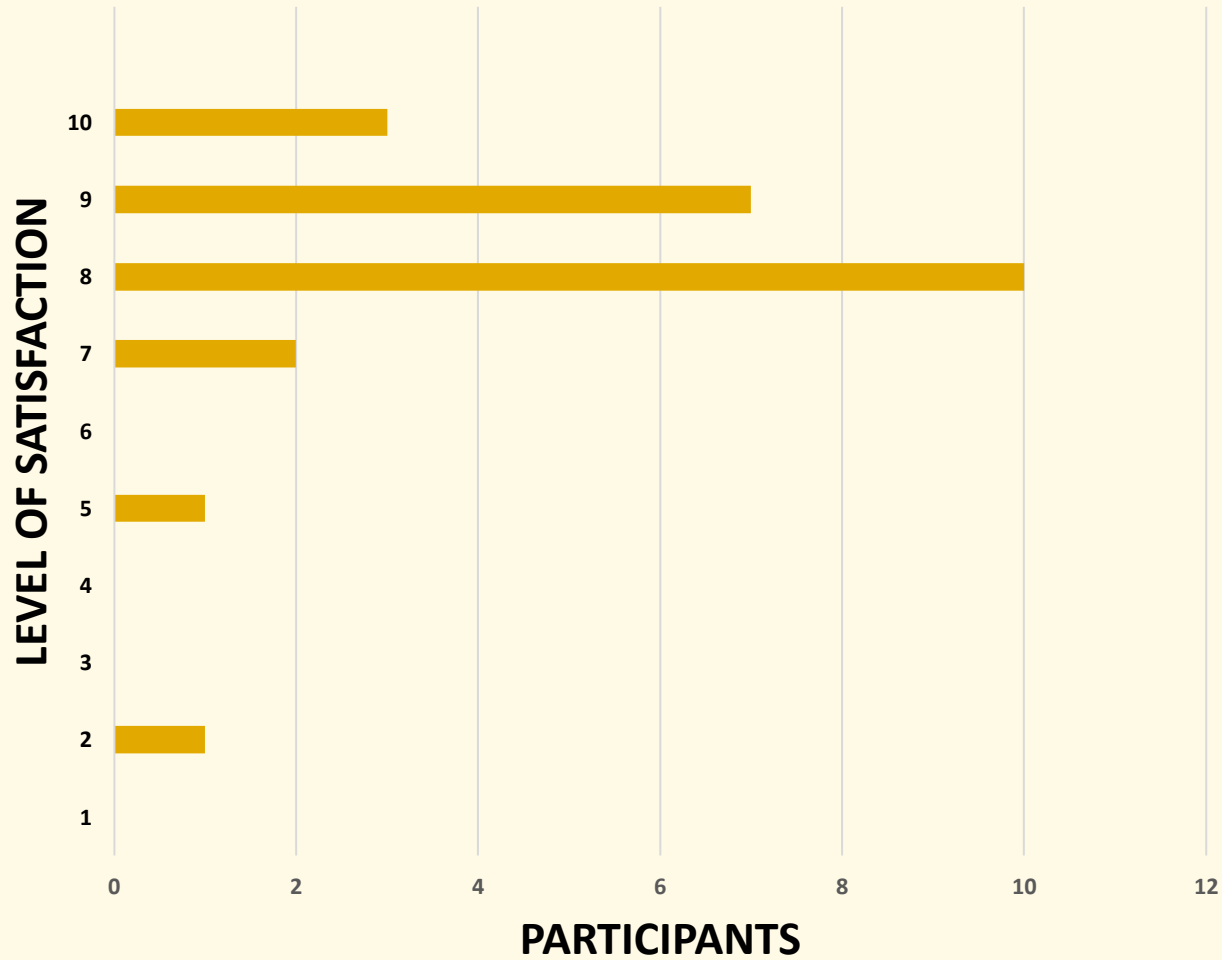
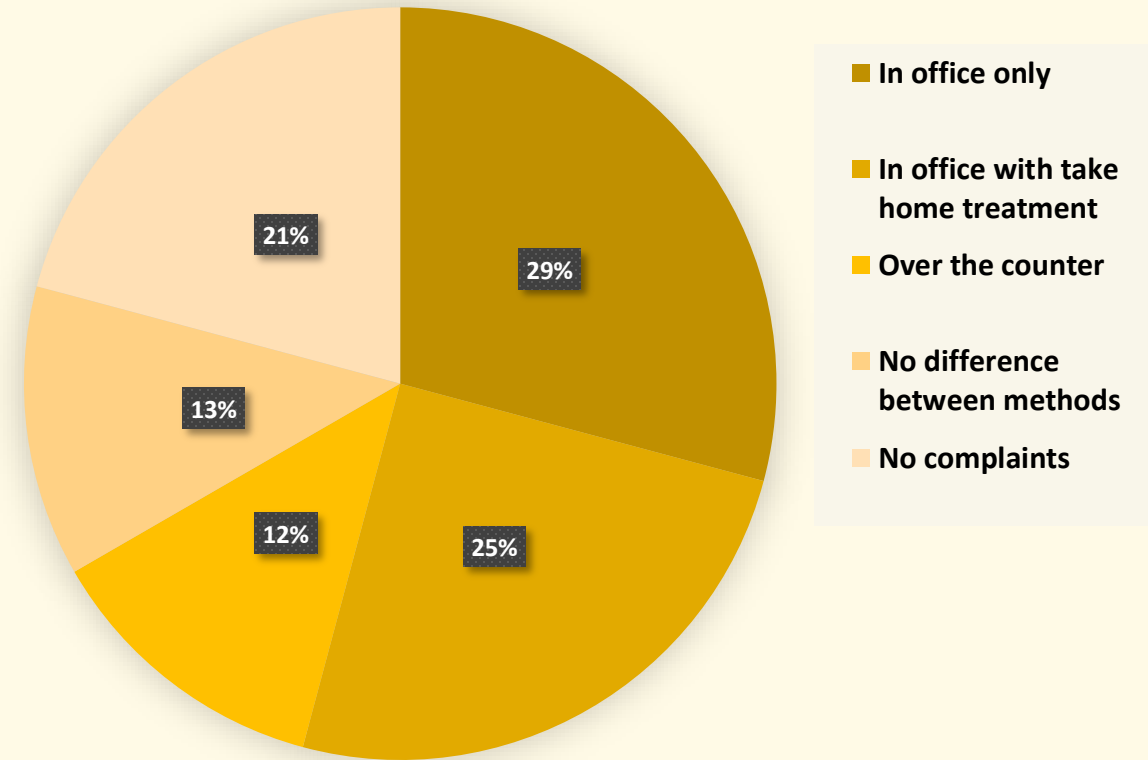


Figure 5. Teeth Whitening Methods Patients Complain About Sensitivity The Most



CONCLUSIONS

- ❖ Most patients are satisfied with their teeth whitening method.
- ❖ Tooth sensitivity is mainly reported from in-office treatment.
- ❖ In-office and in-office with take home treatments are mainly preferred.
- ❖ Tooth whitening is safe and effective when done properly.

Importance: Popularity among patients of all ages make it imperative to understand patient selection.



Fig.4
BEFORE & AFTER
<https://www.facebook.com/DivineDesignTeethWhitening/>

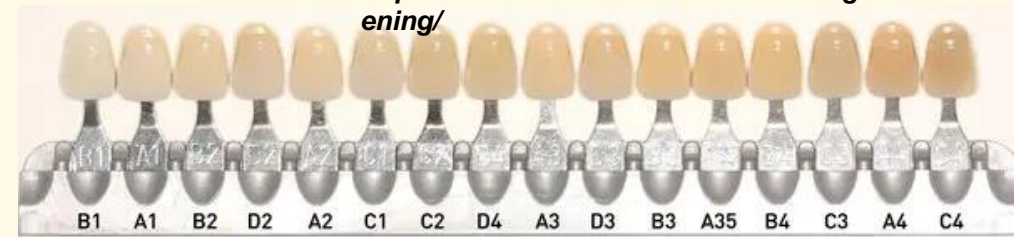


Fig 5.
SHADES
<https://dentalstudio.sg/aesthetic-dentistry/teeth-whitening/>

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