Teeth Whitening Implications & Ramifications

**Presenting author:** Jackie Ojo, B.S Public Health; **Principal Investigator:** Rahma Mungia BDS MSc DDPhRCS, **Co-authors:** Marissa Mexquitic M.S, Chloee Garcia, STOHN, Department of Periodontics

---

**BACKGROUND**

- **Teeth 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**

- Figure 1: Patient Selection Criteria for Teeth Whitening
- Figure 2: Tooth Whitening Materials
- Figure 3: Patient Satisfaction in Choosing Teeth Whitening Treatment on a Scale of 1-10
- Figure 4: Tooth Whitening Methods Patients Complete About Sensitivity
- Figure 5: Tooth Whitening Methods Patients Complete About Sensitivity

---

**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.
- Teeth whitening is safe and effective when done properly.
- **Importance:** Popularity among patients of all ages make it imperative to understand patient selection.

---

**CITATIONS**

  https://doi.org/10.1016/j.jobdp.2014.02.006
  https://doi.org/10.31904/0160079
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.
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
Etiology of the stains

Patient motivation for oral hygiene practices

Esthetics

As part of a restorative treatment plan

History of hypersensitivity

Other

Figure 1. Patient Selection Criteria for Tooth Whitening

Figure 2. Tooth Whitening Materials

Least Important

Most Important

Light/heat activated

Chemically activated

Non-light cured application

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

- 21% In office only
- 29% In office with take home treatment
- 13% Over the counter
- 12% No difference between methods
- 25% No complaints
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.

Dr. Rahma Mungia
STOHN Director
Department of Periodontics
UT Health San Antonio

✉️ mungia@uthscsa.edu
📞 (210) 562-5685