# Clinical Studies In Office Whitening





#### clinical study Turkey





Prof. Dr. Esra UZER ÇELİK

Before

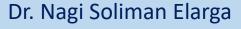
After



clinical study Egypt



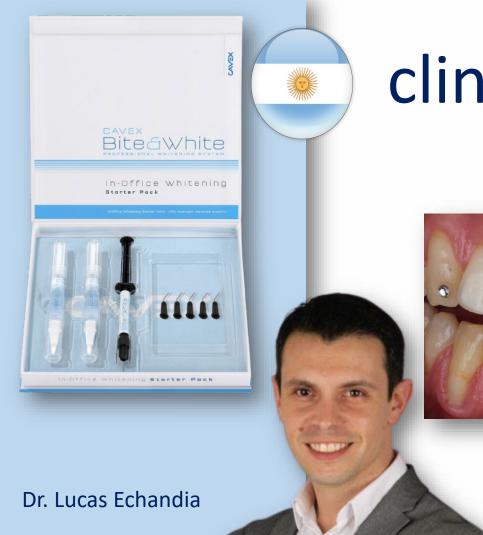
**After** 



**Before** 







### clinical study Argentina



Before



After



#### clinical study New Zealand



Before – Shade C3



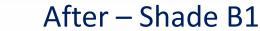
After – Shade A2



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#### clinical study New Zealand







Before – Shade D2







Dr. Ai Lien Oei

ACTA, University of Amsterdam graduation 2014

Clinic: De Amsterdamse Tandarts since 2019

General practitioner +

**Implantology** 

Aligners

Cosmetic dentistry

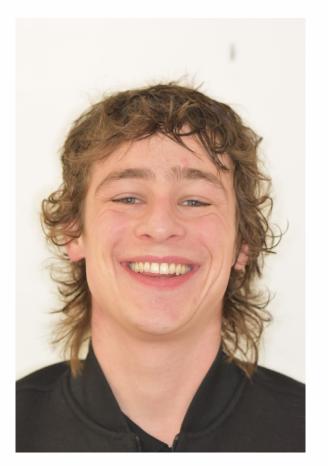
Full rehabilitation

Speaker for Cavex and Airsmile (aligners)





- Male 26 years old
- Hairdresser
- Never whitened teeth
- Drinks 4-5 coffee per day
- Quit smoking 1 year ago
- Wish: fresh look, not too white
- Start A3
- 4x 10 minutes











Before – A3



After – BL03





- Lady 32 years old
- Smokes 10 sigarets per day
- 10 cups of tea per day
- 8 x 10 minutes shade correction
- 2 weeks later another 4 x 15 minutes
- A4 -> A1



















Before - A4



After – A1





- Male 38 years old
- Personal trainer and family coach
- Whitened once 6 years ago
- 6 x 15 minutes shade correction











After – A1/B1





#### Patient experience - pain or discomfort?

- Non of my patients experienced pain during or after treatment
- Some sensitivity right after aplication < 3-4 minutes</li>
- Inadequate barrier > white margin, still no pain or discomfort
- This can be avoided by placing the barrier more in the sulcus
- White margin gone < 15 minutes





#### No UV-lamp... WHY?

It brings warmth and speeds up the proces, but is unnecessary with HPS

- Increase of 5,5°C increases risk of irreversable pulp damage
- Less investment
- Takes less space
- More comfortable



# Clinical Studies At Home Whitening





#### clinical study Turkey





Prof. Sevil Gurgan

Before – A3

After – B1

End result after four weeks, of which three weeks whitening



- Male 36 years
- Lawyer
- 'Lots' of coffee
- Straight teeth and white teeth
- 6 months aligner
- 15 x ABC masterkit (total 3 syringes)







Before – A3



After - A1





- Female 35 years old
- Horse trainer and nail artist
- Never whitened before
- Straight white teeth before wedding
- Aligner treatment 3,5 months
- 4 days of 3 cycles ABC masterkit whitening
- Note: recession of 5 mm







**Before** 



After





- Female 64 jaar
- 20 hours
- 4 syringes
- Reason: black triangles filled with composite













After - B1





- Female 24 yrs old
- Model
- Wanted teeth more even and white
- 5 hrs (syringe) of whitening
- 4 composite veneers with Tetric flow Bleach XL









Before

After





#### How often?

- There is no specific limit
- As long as there is no pain
- Or irritation of the gums
- Does not change the structure of the enamel
- If needed take a break
- Or use Exsense





#### ABC Master kit - experience

- Hardly a taste
- Lots of saliva and also gel in the mouth
- Patients are extremely positive that they don't have to sleep with it
- Diet is sometimes difficult
- Communication/photo's very important, people feel dissapointed
- Home comfort is appreciated





#### ABC Master kit - experience

- Hardly any pain or discomfort
- If so they find Exsense very comforting
- Some experience gingival irritation after 3 days
- Within 3 days this is recovered and most patients proceed
- Some do multiple sessions after each other
- Especially no coffee/no smoking is difficult





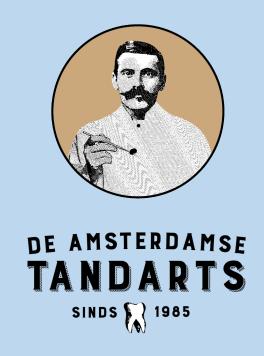
#### Recomendation

- Dentist supervision is obliged
- Don't whiten when pregnant
- Or under 18 years old
- Not with present caries
- Nor active periodontitis
- Extremely sensitive teeth









## Why Cavex ...?

- I have tried different brands and methods
- Cavex even without exsense has definitely the least sensitivity
- No UV lamp
- Results are similar/better
- The new HPS (shade correction) is the only chairside (fast working) product I know that works without a lamp



















