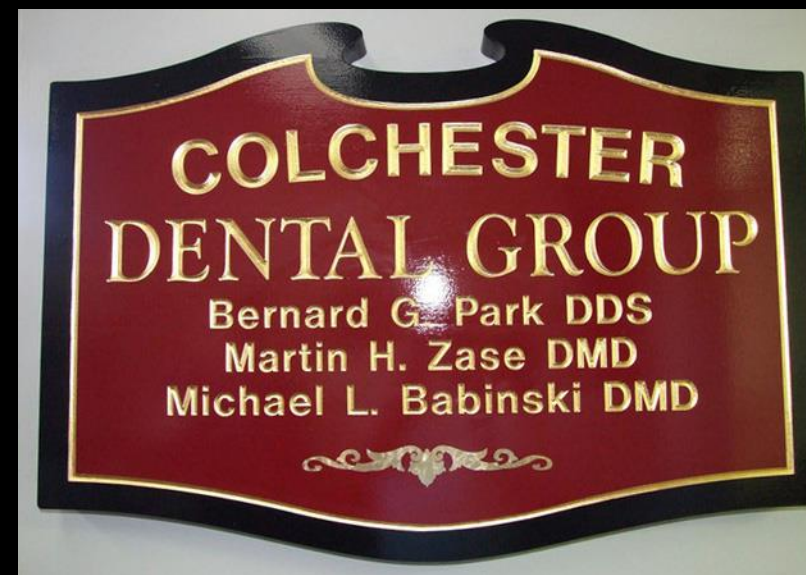


Colchester Dental Group

Dr. Marty Zase
860.537.2351



Zero Sensitivity

Bleaching and other

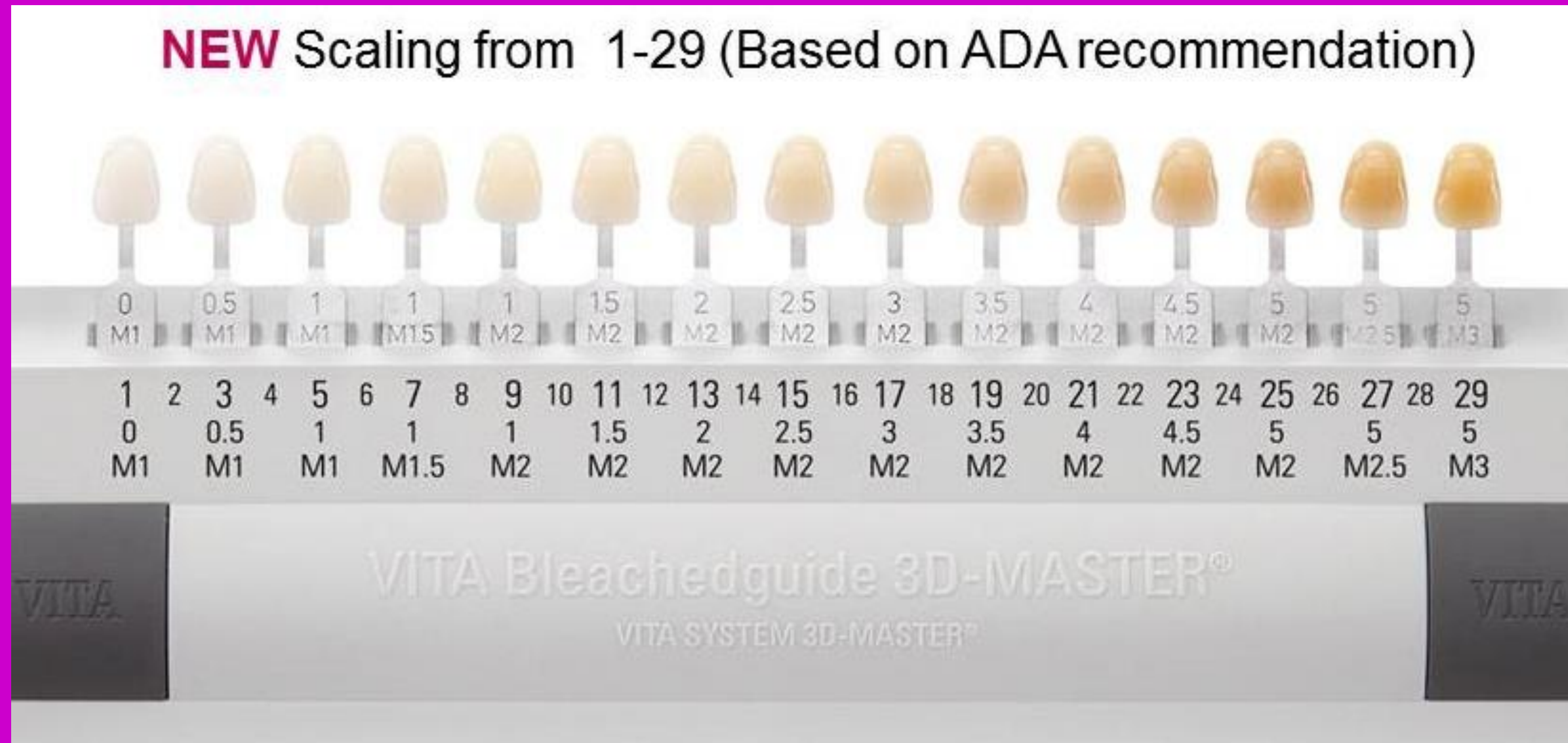


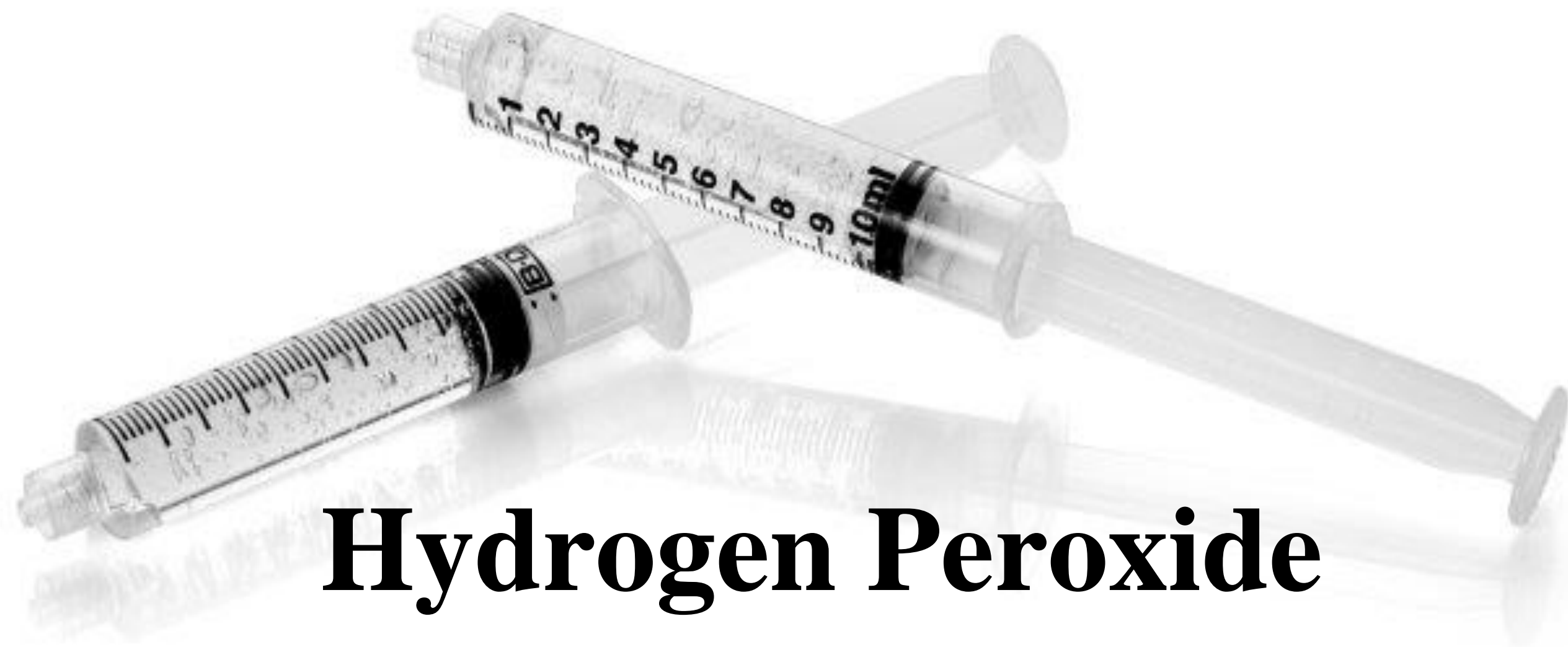
Whitening Techniques

How to get *ZERO* sensitivity
with trays

THE MATERIALS

Vita Bleachguide 3D-Master





**Hydrogen Peroxide
for daytime use**

WITERx
WITERx.com

**7.5% Hydrogen Peroxide
5% Potassium Nitrate
0.25% Fluoride**

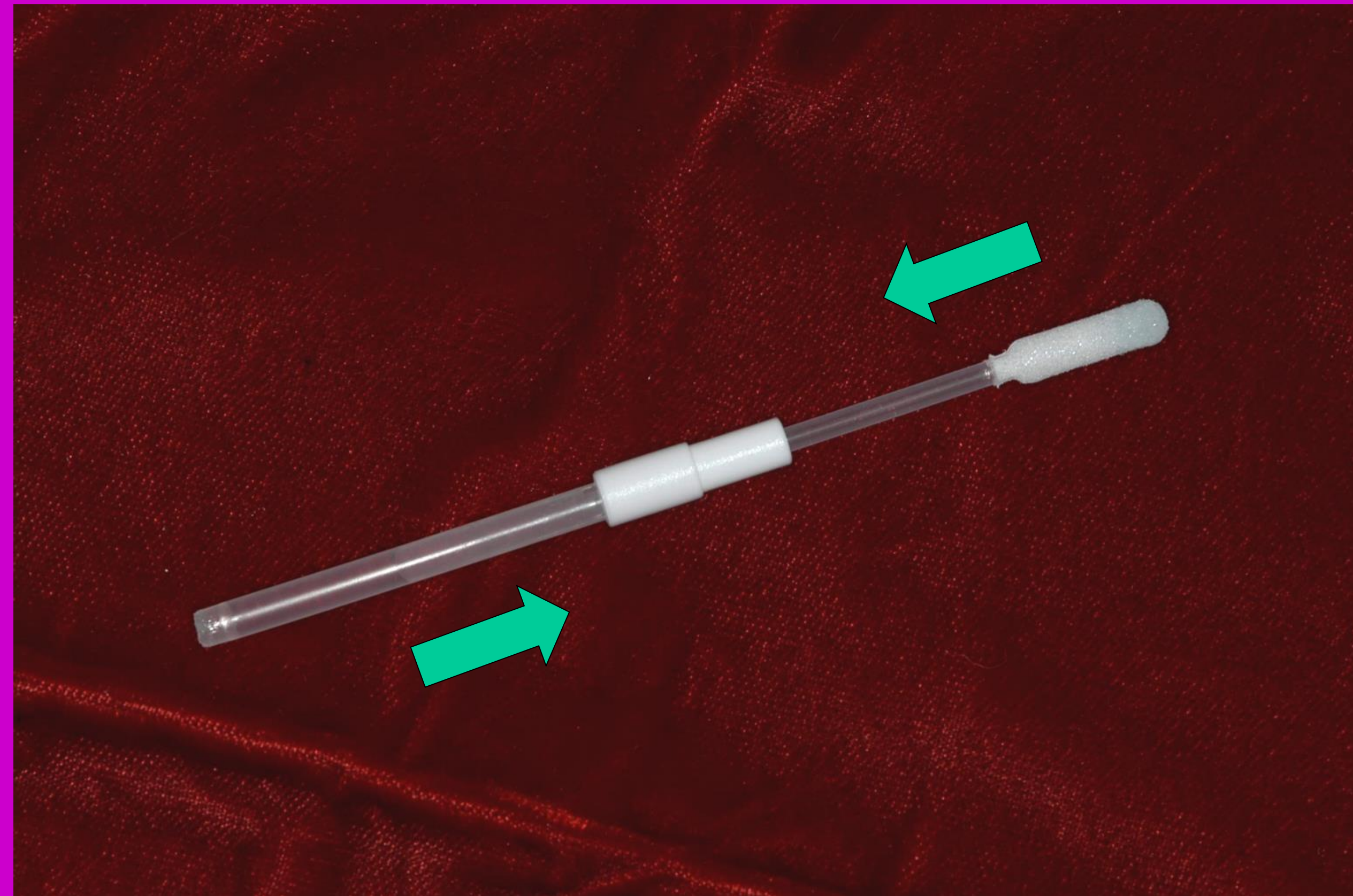
m. zase



Pre-White Swabs

855-55-SWABS

www.WITERx.com



Use reservoirs



**Extend borders to seal the whitening
agent against the teeth**

Make sure you trim or flame off all rough edges



3 - 4 mm. [



.040 soft tray material

Construct accurate trays

Use reservoirs

Do not scallop the margins



Use a pre-whitener before every application (days)

Use short duration applications (days)

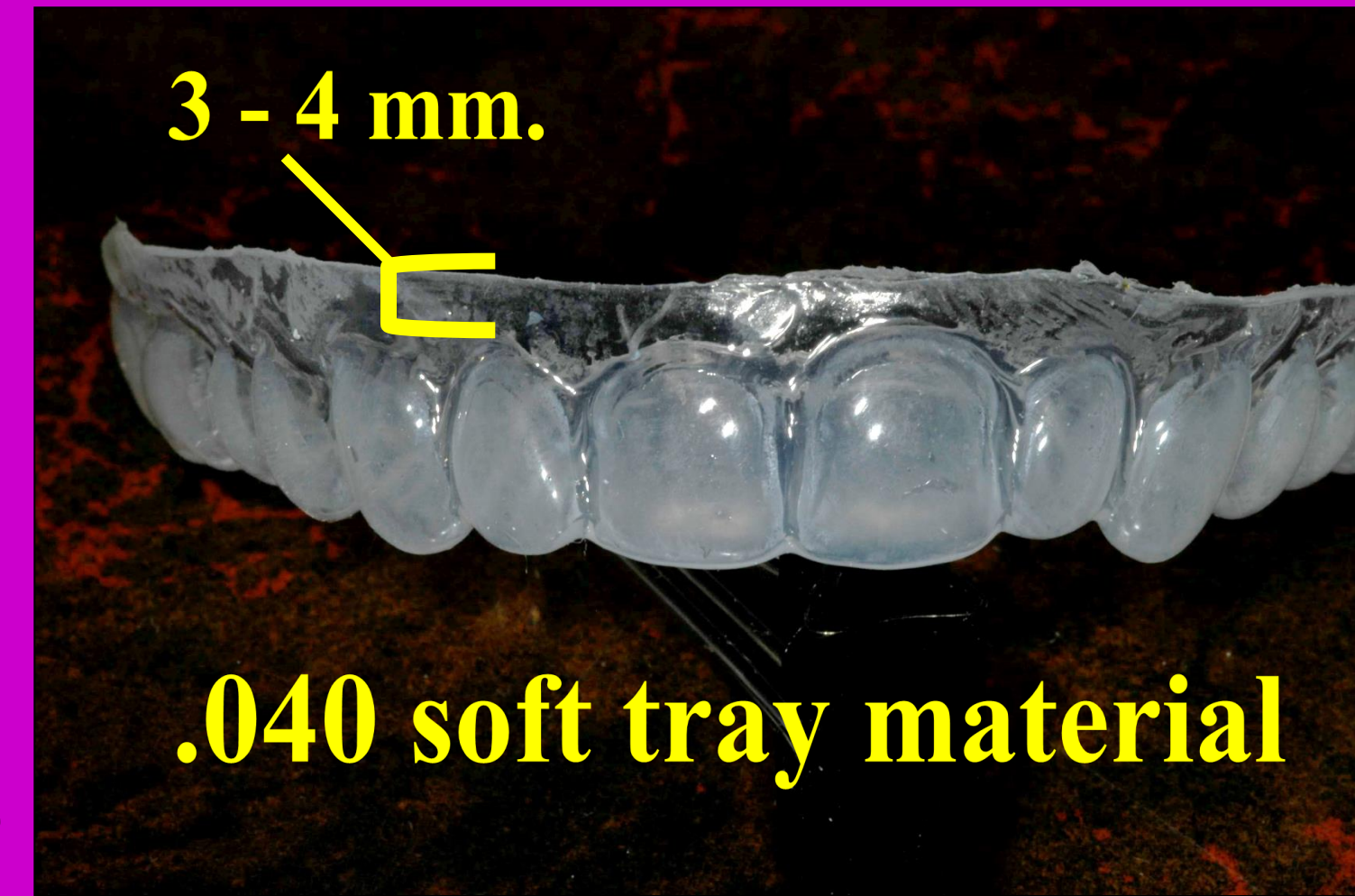
Construct accurate trays

Use reservoirs

Do not scallop the margins

Use a pre-whitener before every application (days)

Use short duration applications (days)



Nite White is Carbamide Peroxide

breaks down slowly like a time release pill

so is used overnight

**WITERx and Day White
are Hydrogen Peroxide = H_2O_2
They work immediately but are only
active for a short time.**

So they are used during the day for 30 minutes

**Carbamide Peroxide at night
Hydrogen Peroxide for daytime
ratio is 3:1**

10% carbamide (Nite White) = only 3% H_2O_2

7.5% H_2O_2 (WITERx) = 22.5% carbamide

Carbamide Peroxide at night
Hydrogen Peroxide for daytime
ratio is 3:1

10% carbamide = Nite White all night

7.5% H_2O_2 = WITERx half hour maximum

How to get *ZERO* sensitivity

with trays

PROTOCOL

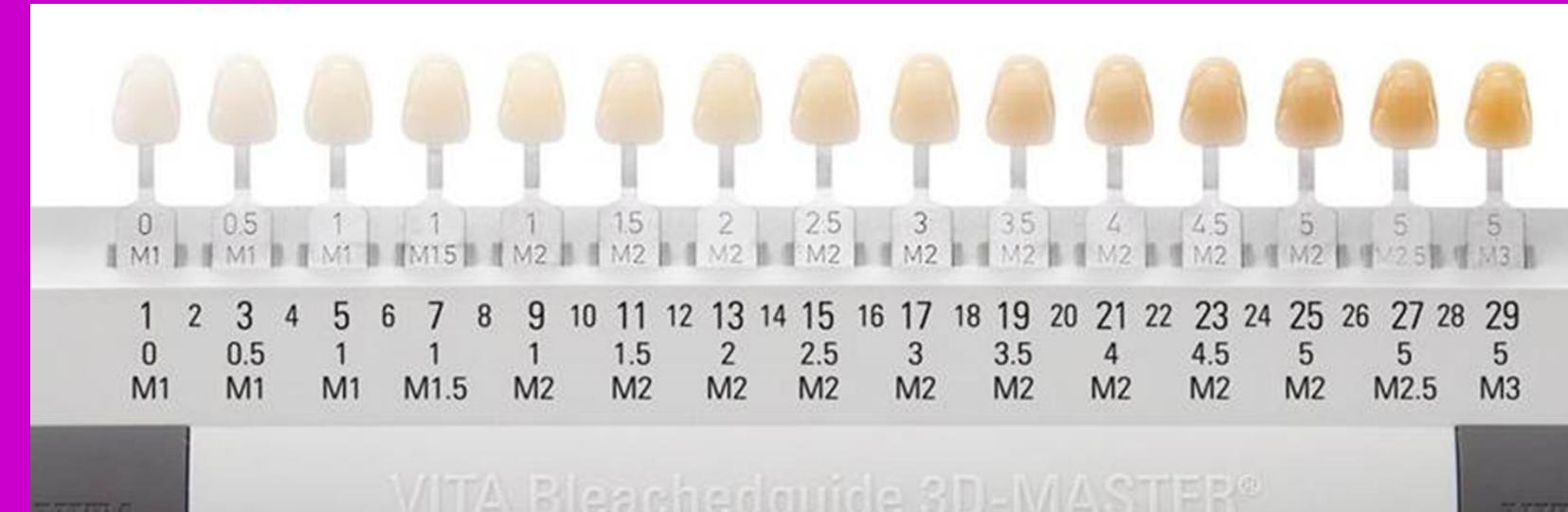
Deliver the upper tray and plan on seeing the patient after one week unless there is a problem.

Then plan on seeing them 2 weeks later. Repeat if needed.

Once there is sufficient shade change, deliver the lower tray and follow the same timetable for the lower.

Take shades and photographs for documentation:

- 1) At the start before any bleaching
- 2) At the midpoint
- 3) At the end



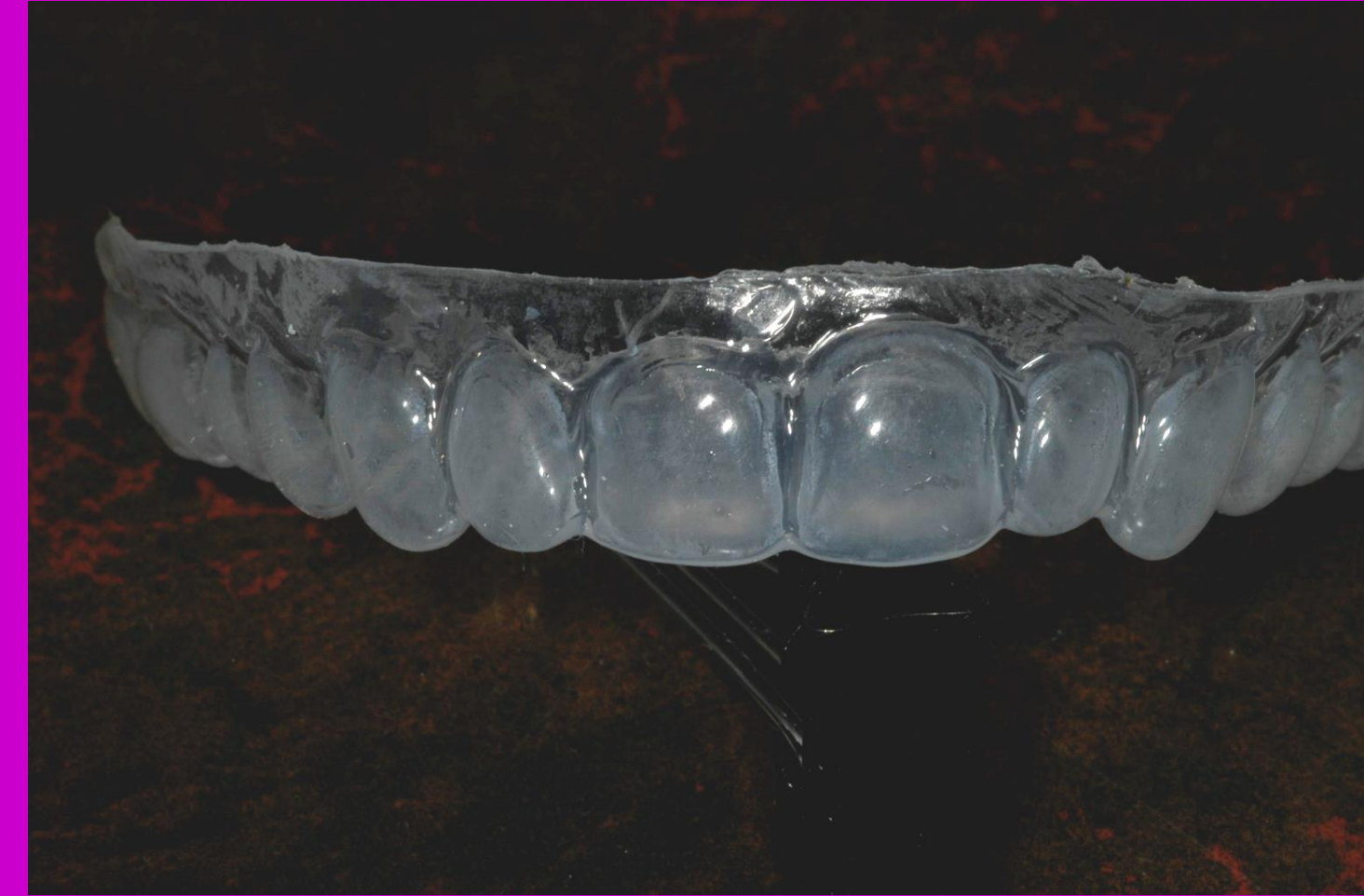
Start with night time first unless:

Wearing a night guard

Wearing orthodontic retainers

Already complaining of sensitivity

Patient won't comply



If patient has ANY sensitivity...

STOP and come see us!

Switch to daytime ...

Use Pre-White Swabs

Start with 15 minutes



If ANY sensitivity with daytime...

STOP !

Skip the next day.

Reduce the time when you resume.



If there is still sensitivity...

Utilize Pronamel in the trays

For 10 minutes before using the bleach

And 10 minutes afterwards



If there is no sensitivity...

Increase the time of application

by 5 minutes a day to a maximum of

30 minutes at a time twice a day



Try it on yourself

Then try it on your staff

Then try it on your patients

**Let your patients know
what YOU can do.**

Talk to them!

Direct mail, newspapers, website

Email --- Smile Reminder



99 3 19

EVERY JOB
IS A SELF-PORTRAIT
OF THE PERSON
WHO DID IT.

AUTOGRAPH
YOUR WORK WITH
EXCELLENCE.

Send thank you notes to

Martyzase@aol.com