

Opalescence™ Whitening Treatment Guide



INDICATIONS	PF					Go		Boost HP	Opalustre
	10% CP	15% CP	20% CP	35% CP	45% CP	10% HP	15% HP	40% HP	
Yellow/brown (A4-B1)	✓	✓	✓	✓	✓	✓	✓	✓	X
Grey/brown (C4-C1)	✓	✓	✓	✓	✓	✓	✓	✓	X
Brown/orange spots	✓	✓	✓	✓	✓	✓	✓	✓	✓
White spots	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tetracycline	✓	✓	✓	X	X	X	X	✓	X
Hypersensitivity	✓	X	X	X	X	✓	X	X	X

The Opalescence whitening family includes multiple products to help whiten every smile. This guide is to help you find the best whitening treatment plan for your patients.

This is a generalized treatment table. Results may vary and are dependent on compliance and ability of the teeth to whiten. Take care to properly evaluate the tooth discoloration to create an appropriate treatment plan. Treatment should be determined based on the type of discoloration. For instance some teeth may appear grey but upon evaluation, you may find this is due to translucency and not the shade of the tooth. In this case whitening may need to be closely monitored, as removing the staining may expose the translucency of the enamel – making the teeth look darker. Some types of discoloration take longer to whiten, for instance tetracycline cases are known to require longer treatment times. Age-related discolorations also take longer to whiten.

If soft tissue sensitivity or irritation occurs, instruct patient to use an OTC oral topical anesthetic gel or vitamin E oil.



Whitening Sensitivity Protocol

Some patients may experience sensitivity during their whitening treatment. If a patient has a history of sensitivity or tests positive to a touch or air exam, the following recommendations may help them manage their sensitivity.

Pre-treatment	In treatment	Post-treatment
Enamelast™ Fluoride Varnish Opalescence™ Sensitivity Relief Toothpaste	Opalescence™ Sensitivity Relief Toothpaste UltraEZ™ Desensitizing Gel	Enamelast™ Fluoride Varnish Opalescence™ Sensitivity Relief Toothpaste UltraEZ™ Desensitizing Gel



CONTRIBUTING FACTORS	Enamelast	Toothpaste	UltraEZ	Custom Tray
Dentin exposure	✓	✓	✓	✓
General sensitivity	✓	✓	✓	✓*
Hypersensitivity	✓	✓	✓	✓*
Tissue irritation	X	X	X	✓**

*If sensitivity persists, decrease wearing time or concentration of whitening gel used. Custom trays can also be used with desensitizing gel and/or prescription home treatments to alleviate symptoms.

** Scalloped custom trays help keep the whitening gel from leaching onto the soft tissues.

If the patient experiences sensitivity, do not whiten immediately after polishing.

Young adults with permanent teeth can whiten.