

Inside / Outside Bleaching Technique

Predictable technique for managing discoloured root filled tooth/teeth



Figure 2. (i) The patient was instructed on the use of the inside/outside bleaching technique. Bleaching agent is syringed into the palatal access cavity and also into the bleaching tray.

Bleaching Protocol:

The gel should be changed inside the tooth and within the tray every two hours and the tray containing the gel should be worn overnight.

After the bleaching session the patient should clean the access cavities out with a toothbrush or single-tufted brush. Injection of the viscous bleaching gel within the cavity will naturally remove any food debris throughout the day.

Unlike vital bleaching, there is no limit to how many times the material can be changed as the patient is highly unlikely to experience sensitivity. The more often the agent is changed, the more rapidly the bleaching will occur

Patient Instructions:

Insert the tip of the bleaching syringe into the access cavity of each root-filled tooth and fill the cavity with the 10% carbamide peroxide or 6% HP

Load the appropriate reservoir within the tray with a pea-sized amount of the 10% carbamide peroxide or 6% HP (Figure 2i).

Insert the tray over the teeth and remove the excess gel as necessary with a finger, tissue or soft toothbrush. Rinse gently and do not swallow.

Reassessment:

The patient is instructed to cease the bleaching procedure when he/she is happy with the degree of lightening. The patient should be reviewed at 3-7 days to reassess the degree of lightening and to avoid prolonged exposure of the access cavities. Owing to the frequency at which the bleaching agent can be changed, the desired result will usually be achieved rapidly (about 2-7 days).

Inside / Outside Bleaching Technique

On completion of bleaching, the pulp chamber should be cleaned out thoroughly with ultrasonic instrumentation and provisionally restored with glass ionomer cement or bleach shade composite restoration.

Definitive Restoration:

The definitive composite restorations **should not** be placed for at least two weeks after cessation of the bleaching process. This ensures that the enamel is free of any residual oxygen that would otherwise lead to air inhibition of the composite bond.

Following bleaching, the tooth may appear more translucent than the adjacent teeth owing to the reduced volume of dentine within the root- treated tooth. The 'body' of the tooth will be restored with a restorative material with moderate translucent properties (e.g. glass ionomer cement or dentine shades of composite resin). This will provide the tooth with a body colour and will greatly enhance the final aesthetic result

I understand and follow the above instructions and I consent to have the treatment

Patient name:

Signature: