INTERNAL WHITENING

BOUTIQUE WHITENING

Teeth can darken for a variety of reasons, one of the most common being external trauma.







When a tooth experiences trauma, the pulp becomes necrotic. Blood is released as a result of the subsequent inflammation. When the haemoglobin breaks down to iron sulfide, it stains the dentinal tubules black. Non-vital teeth often respond relatively well to external bleaching techniques, however, it is necessary in some cases to whiten the tooth from within the root canal system.

The full protocol is described here:

1. Internal whitening is possible only after a root canal has been performed.
2. The pulp chamber must be cleaned with ultrasonic tips to remove all necrotic tissue, pulp and blood.
3. The gutta-percha is removed from the coronal portion of the pulp chamber to just beneath the level of the cemento-enamel junction. This should only be done after the endodontic cement has had a chance to fully set. It is advisable to use non-eugenol based endodontic cements as these inhibit the bonding of composite resins.
4. Resin-modified glass-ionomer should be used to seal the canal. Studies have shown that internal resorption can occur if bleaching products seep into the root canal space.
5. Place EDTA in the canal for a few minutes.
6. 10% Boutique by Night (Carbamide Peroxide) should be introduced into the pulp chamber via syringe, and changed every 2 hours.
7. After placement of the gel, the patient should place their whitening trays over the teeth to keep the gel in the cavity.
8. Alternatively, you can use a 16% carbamide peroxide and the same protocol as described above.
9. In more extreme cases, you can use the inside/outside technique whereby the above protocol is followed, but supplemented with a single tooth whitening tray, with gel placed buccally and palatally, throughout the process and overnight.
10. Most cases will resolve in 2 to 4 days, and you can continue to whiten as normal.
11. This treatment is a good one for a Friday afternoon. The patient can whiten over the weekend and review on the following Monday, by which time, the staining should be fully resolved.
12. Give the patient 2 syringes per tooth.
13. After this, whiten all the teeth as normal, including the tooth that has been internally whitened.