

# Internal Bleaching

## A CASE REPORT

By Manny Vasant MBE

There are various methods of internal tooth whitening which include use of various strengths of hydrogen peroxide (Superexol), sodium perborate (Bocasan) or carbamide peroxide with or without the use of heat and/or light. Another variable is the length of time the agent is applied for i.e. walk in method or simply the chairside application and the number of visits carried out.

The current contract probably makes it unviable to carry out internal tooth bleaching over more than one visit. If definitive restorations such as porcelain veneers are planned it is often better to wait 6 months for the result to stabilise so correct shade can be chosen. Bonding may also be compromised if this is carried out within six weeks of application of bleaching.

The oldest technique is probably includes the use of 30% - 35% (100-130 volumes) of hydrogen peroxide. Whilst the efficacy of this method is undoubted, there remains a problem with handling of this liquid which can cause a serious burn to the adjacent oral mucosa as it is impossible to control and contain the liquid to the access cavity. In order to facilitate application, "carriers" for the hydrogen peroxide are commercially available. These are rather expensive whilst the actual liquid (hydrogen peroxide) is rather inexpensive. Essentially the so called "carrier" is talc. Whilst one could use the talc that is readily available in talcum powder to covert the hydrogen peroxide to a convenient gel form, I have found a novel way to do this.

This is achieved by quite simply mixing a drop of 30% hydrogen peroxide using 10% carbamide peroxide (bleaching gel) from any manufacturer in a dappens dish.

Technique summary:

1. Remove gutta percha to a level about 1-2 mm below the CEJ. Remove any carious or heavily stained dentin.
2. Use radiopaque glass ionomer (e.g. Fuji 9) to seal the GP point.
3. Apply rubber dam.
4. Mix 10% CP with one or two drops of 30% Hydrogen Peroxide
5. Carry this into the access cavity and externally (inside/outside bleaching) with a suitable instrument
6. Heat an old instrument red hot in an open flame and carry it into the access cavity. The gel will start bubbling almost immediately showing a colour change. Repeat this 7-10 times renewing the gel if necessary.
7. Fill the access cavity with GLC or composite as required
8. You could repeat this procedure within a few weeks or months if necessary or combine it with walk in bleach technique



Figure 1: ULI preop



Figure 2: ULI post op (half an hour later)

### Further reading and contacts:

1 Text Book Bleaching Techniques in Restorative Dentistry. Linda Greenwall. Price: £85.00. ISBN: 9781853177729. ISBN-10: 1853177725

2 Hydrogen Peroxide 100 volume is available from John Bell & Croyden, 50-54 Wigmore Street, London W1U 2AU. Telephone: 020 7935 5555



Figure 3: LLI preop



Figure 4: LLI post op bleaching (comp restorations incisally on LRI LLI)



Figure 5: Competed PVs at LRI LLI 6 months later