



## Dental Procedure Information

### Bleaching

#### Introduction

Bleaching refers to the process of lightening the stains or colours inside enamel or dentine by using chemical agents.

Application: - Vital tooth  
- Non-vital tooth treated by root canal therapy



Mechanism: Bleaching agents are used to oxidize the colour pigments in the discoloured teeth in order to whiten these teeth.

Material: Bleaching agents contain chemicals such as Carbamide Peroxide or Hydrogen Peroxide.

#### Outcomes

The purpose of this procedure is to whiten teeth beyond their natural color.

#### Procedures

##### 1. Bleaching Vital Tooth

Dentist will use different bleaching methods according to various oral conditions :

- Impressions of teeth are taken to make a model. A custom whitening tray is constructed from this model. The trays are filled with a gentle whitening solution, and are inserted and worn over the teeth overnight. You should wear the tray every night according to the dentist's instructions and return to the dentist for follow-up appointments
- In the dental clinic, the dentist will use a strong light to catalyse the highly concentrated bleaching agents to whiten teeth

##### 2. Bleaching of non-vital tooth treated by root canal therapy

- Endodontic treatment(Root canal therapy) of the tooth must be completed
- A cotton pellet with whitening agent is first placed inside the pulp chamber and the tooth is then temporarily filled
- Visit dentist periodically to check the progress of bleaching, and change the cotton pellet with whitening agent according to needs. The cotton pellet is removed after the bleaching process is finished and the tooth is then restored

## **Pre-procedure Preparations**

1. The doctor will take photos and execute shade matching with your teeth before starting the treatment.
2. Before using bleaching agents:
  - Not all stains / colours could be removed.
  - Improper use of bleaching agents will damage gums and tooth supporting tissues. Be careful when using bleaching agents and consult the dentist for proper usage of bleaching agents.

## **Points to note after Bleaching**

1. Visit the dentist for check-up as advised.
2. Bleaching can only keep the teeth white for a period of time. Repeated bleaching treatment is needed to keep the teeth white.
3. Sensitivity may be experienced after bleaching. Thus, avoid eating / drinking cold and sour food. If necessary, you can use desensitizing toothpaste to soothe the condition.

Should there be any enquiries or concerns, please consult the dentist.

Under the professional care of the dentist, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the dentist to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

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