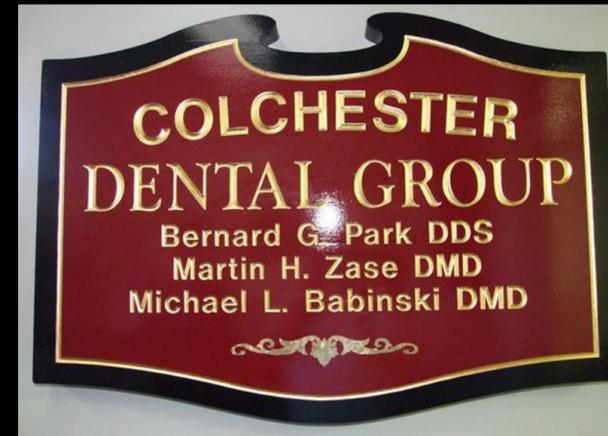


# Colchester Dental Group

**Dr. Marty Zase**  
**860.537.2351**



**Zero Sensitivity**

**Bleaching  
and other**

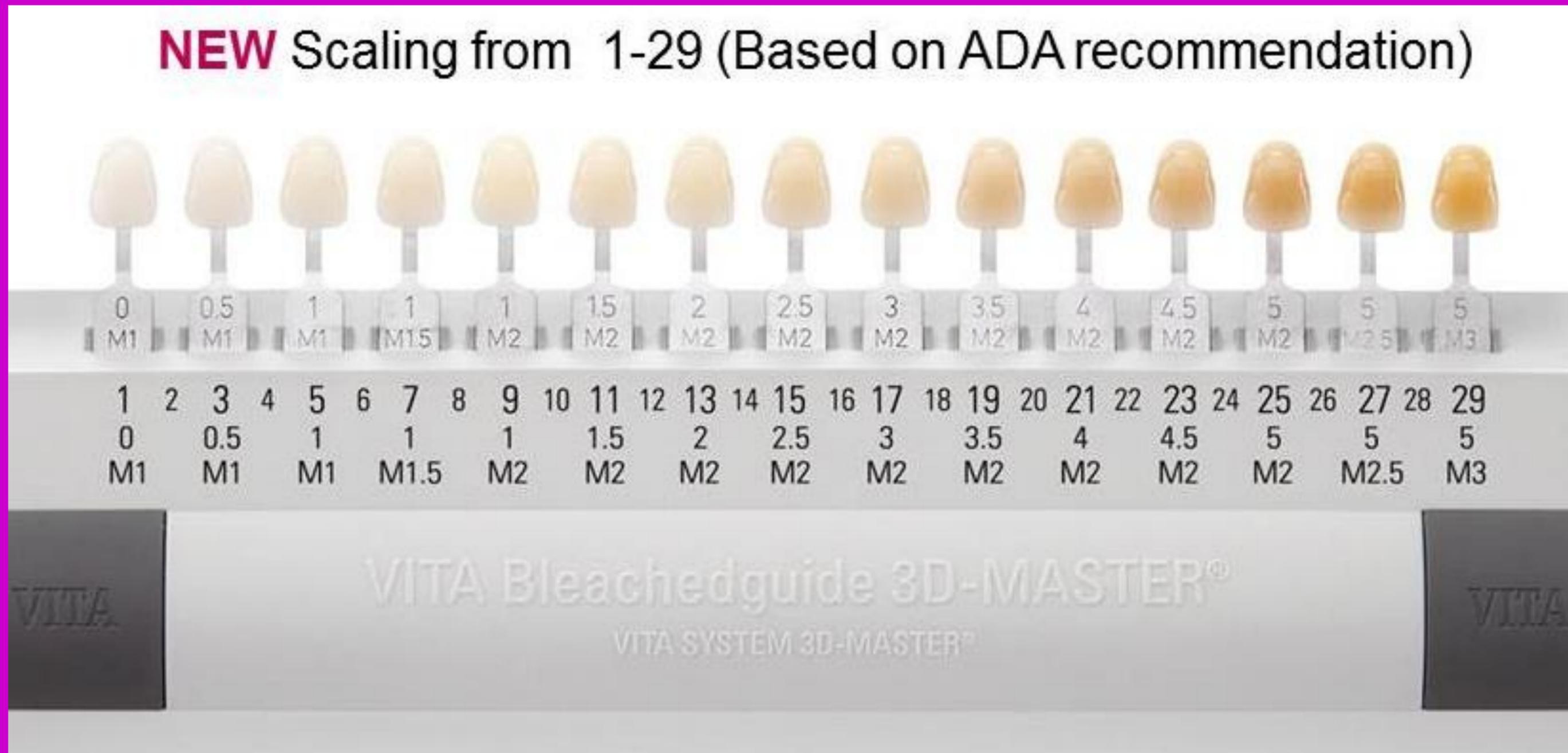


**Whitening Techniques**

**How to get ZERO sensitivity  
with trays**

**THE MATERIALS**

# Vita Bleachguide 3D-Master





**Hydrogen Peroxide  
for daytime use**

**WITERx**  
**WITERx.com**

**7.5% Hydrogen Peroxide  
5% Potassium Nitrate  
0.25% Fluoride**

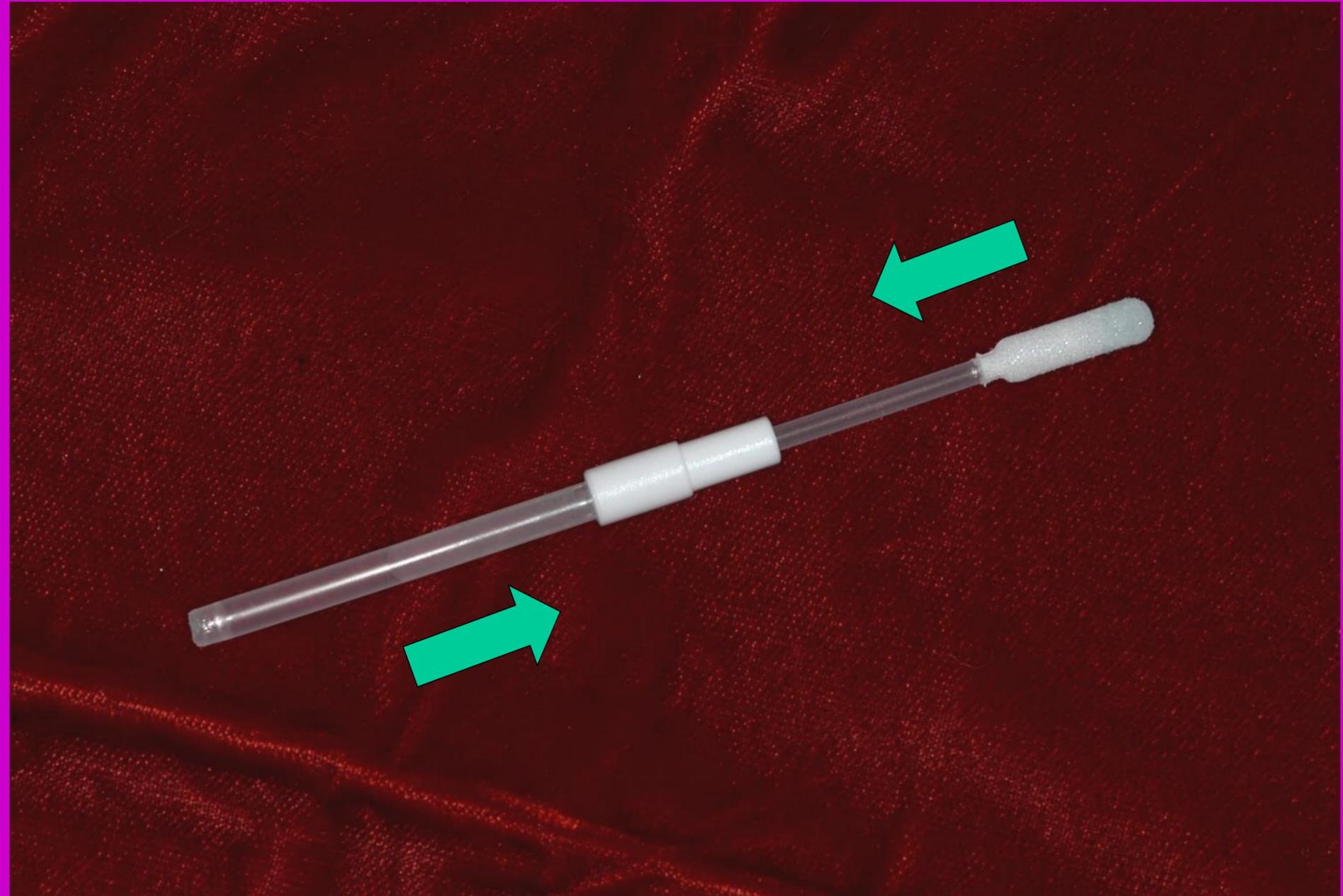
m. zase



# Pre-White Swabs

855-55-SWABS

[www.WITERx.com](http://www.WITERx.com)



**Use reservoirs**



**Extend borders to seal the whitening agent against the teeth**

**Make sure you trim or flame off all rough edges**



**3 - 4 mm.** [



**.040 soft tray material**

**Construct accurate trays**

**Use reservoirs**

**Do not scallop the margins**



**Use a pre-whitener before every application (days)**

**Use short duration applications (days)**

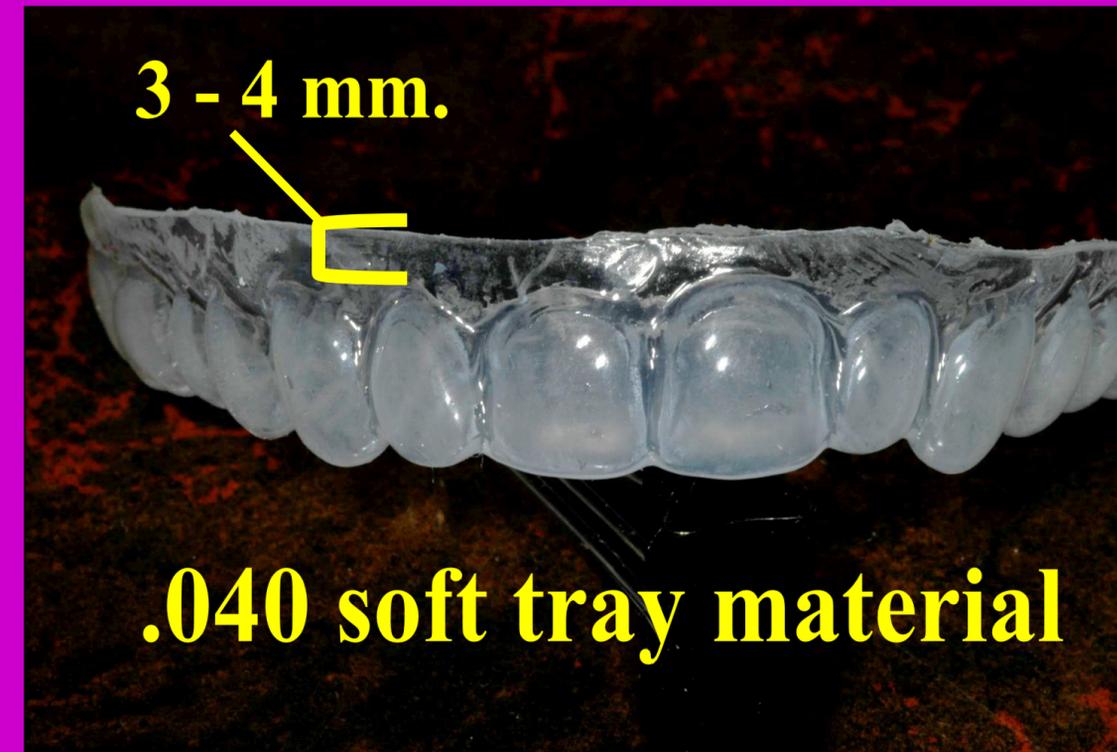
**Construct accurate trays**

**Use reservoirs**

**Do not scallop the margins**

**Use a pre-whitener before every application (days)**

**Use short duration applications (days)**



**Nite White is Carbamide Peroxide**

**breaks down slowly like a time release pill**

**so is used overnight**

**WITERx and Day White  
are Hydrogen Peroxide = H<sub>2</sub>O<sub>2</sub>**

**They work immediately but are  
only active for a short time.**

**So they are used during the day for 30 minutes**

# **Carbamide Peroxide at night**

(active ingredient is only one-third)

# **Hydrogen Peroxide for daytime**

**10% carbamide (Nite White) = only 3% H<sub>2</sub>O<sub>2</sub>**

**7.5% H<sub>2</sub>O<sub>2</sub> (WITERx) = 22.5% carbamide**

**Carbamide Peroxide all night**

**Hydrogen Peroxide during the day**

(half hour maximum per session)

**How to get *ZERO* sensitivity**

**with trays**

**PROTOCOL**

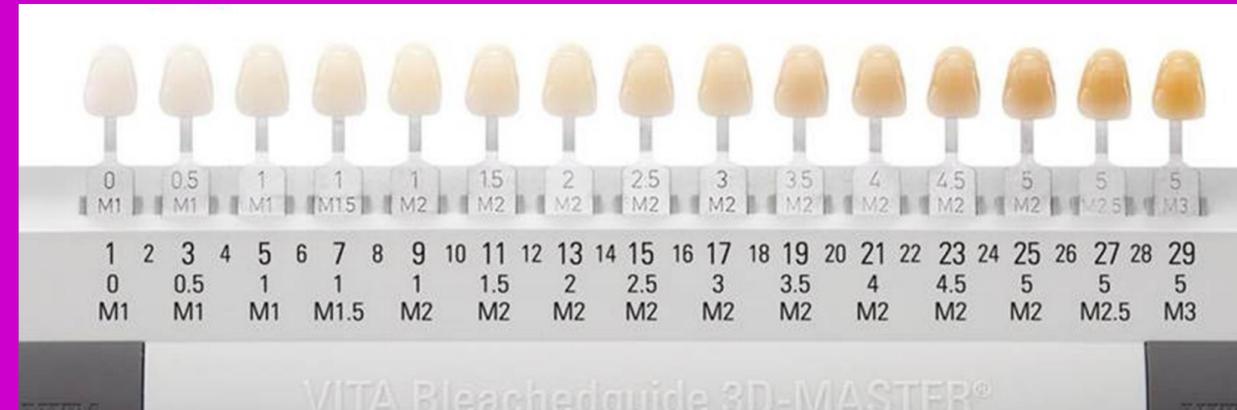
**Deliver the upper tray and plan on seeing the patient after one week unless there is a problem.**

**Then plan on seeing them 2 weeks later. Repeat if needed.**

**Once there is sufficient shade change, deliver the lower tray and follow the same timetable for the lower.**

# Take shades and photographs for documentation:

- 1) At the start before any bleaching
- 2) At the midpoint
- 3) At the end



**Take shades and photographs for documentation:**

**(now available in the US)**

**SHOFU**

**Eye-Special**

**Super easy to use and the**

**best camera for bleaching documentation**



**Start with night time first unless:**

**Wearing a night guard**

**Wearing orthodontic retainers**

**Already complaining of sensitivity**

**Patient won't comply**



**If patient has ANY sensitivity...**

**STOP and come see us!**

**Switch to daytime ...**

**Use Pre-White Swabs**

**Start with 15 minutes**



**If ANY sensitivity with daytime...**

**STOP !**

**Skip the next day.**

**Reduce the time when you resume.**



**If there is still sensitivity...**

**Utilize Pronamel in the trays**

**For 10 minutes before using the bleach**

**And 10 minutes afterwards**



**If there is no sensitivity...**

**Increase the time of application**

**by 5 minutes a day to a maximum of**

**30 minutes at a time twice a day**



**Try it on yourself**

**Then try it on your staff**

**Then try it on your patients**

**Let your patients know  
what YOU can do.**

**Talk to them!**

**Direct mail, newspapers, website**

**Email --- SolutionReach**



99 3 19

EVERY JOB  
IS A SELF-PORTRAIT  
OF THE PERSON  
WHO DID IT.

AUTOGRAPH  
YOUR WORK WITH  
EXCELLENCE.

**Send thank you notes to**

**Martyzase@aol.com**