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INTERNAL BLEACHING PROTOCOL

Dr. Marty Zase

Always tell the patient in advance that they will likely have to bleach the rest of their teeth when you are done with the one you are internally bleaching.

- 1) Apply rubber dam
- 2) Clean out ALL of pulp chamber including pulp horns
- 3) Remove gutta percha at least 3mm below gingiva line (so dark root won't show through)
- 4) Cover gutta percha with thin layer of glass ionomer cement to prevent peroxide from going down voids in root canal seal
- 5) Apply high strength H₂O₂ on a pellet into the open chamber (I use Ultradent's Boost because it is easier to see and runs less than Superoxyl)
- 6) Leave for 10 minutes and rinse.
- 7) Check shade against abutting tooth
- 8) Reapply fresh H₂O₂ for another 10 minutes
- 9) Rinse and check shade
- 10) If still insufficient change, apply fresh H₂O₂ on a pellet
- 11) Use a dry pellet to absorb much of the wet H₂O₂.
- 12) Use a different dry pellet to cover the wet pellet.
- 13) Temporize over the dry pellet with Durelon (UltraTemp is the same thing) -- do not disturb or trim for at least 6 minutes
- 14) See the patient in 24 - 48 hours. (long term high strength H₂O₂ in the canal can cause internal resorption and is not recommended)
- 15) If insufficient improvement, start again from step 5
- 16) Bleach the rest of the teeth with take home trays and teach the patient how to use the tray selectively on alternate days for applying bleaching gel just to the affected tooth, or to all teeth except the affected tooth depending on whether the internally bleached tooth is too dark or too light.

That method will get you excellent, controlled, and predictable results.

