

Whitening Options at Home

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As more and more Americans each and every day want to improve their smiles, we have included a list of over-the-counter at-home whitening products for dental hygienists to consider when offering aesthetic treatment options for their patients. This list does not include every option available for at-home aesthetic treatment, but provides an overview of the options a dental hygienist can personally try and consider for their patients who want to enhance the color of their smile.

Please be aware that only a limited number of take-home whitening trays, paint-on applications and whitening strips were featured in this issue of Product Focus.

Product Name	Manufacturer/Web address	Active Ingredient(s) (Aesthetic)	Application Process
Take-Home Whitening Tray Applications			
Aquafresh White Trays Revive	GlaxoSmithKline	10% hydrogen peroxide	Peel back foil and remove tray, place on upper and/or lower teeth. Use 45 minutes once a day for two days only.
Aquafresh White Trays	GlaxoSmithKline	10% hydrogen peroxide	Peel back foil and remove tray, place on upper and/or lower teeth. Use once a day for 30-45 minutes.
DayWhite ACP	Discus Dental www.discusdental.com	Available in a 7.5%, 9.5% and 38%* hydrogen peroxide with amorphous calcium phosphate, potassium nitrate and fluoride	Place product in tray and wear 30 – 60 minutes once or twice daily. * Place product in tray and wear 30 minutes or less once or twice daily.
NiteWhite ACP	Discus Dental www.discusdental.com	Available in a 10%, 16% and 22% (NiteWhite ACP Turbo) hydrogen peroxide with amorphous calcium phosphate, potassium nitrate and fluoride	Place product in tray and wear overnight.
Colgate Visible White	Colgate Oral Pharmaceuticals www.colgateprofessional.com	Available in 5%, 7% and 9% hydrogen peroxide and potassium nitrate and fluoride	Place product in tray and wear 30-minute once-a-day.
Perfecta Bravo	Premier Dental www.premusa.com	9% hydrogen peroxide	Place product in tray and use 30 minutes once a day.
Perfecta Rev!	Premier Dental www.premusa.com	14% hydrogen peroxide	Place a small bead of gel into each tooth impression for 15 minutes. Then rinse with the Rev! Finishing Rinse for 20 seconds and expectorate.
Perfecta Ultra	Premier Dental www.premusa.com	Hydrogen peroxide	Place product in tray and use 30 minutes twice daily.
Rembrandt Professional	Johnson & Johnson www.rembrandt.com	Available in 22%, 28% and 36% carbamide peroxide	Place formula in tray and wear for 60 minutes 1-2 daily treatments.
Sapphire Professional Home Whitening System	DenMat www.denmat.com	Available in a 22% and 32%* carbamide peroxide	Place a thin line of whitening gel into the tray and wear once a day for 30 minutes once daily. * Wear tray for 3 minutes treatment per day for 14 days.
Opalescence Trèswhite	Ultradent www.ultradent.com	Formulas available in hydrogen peroxide, hydrogen peroxide and carbamide peroxide	Place product in tray and wear for 60 minutes per day.
White & Brite Tooth Whitening System	OMNI Preventive Care (A 3M ESPE Company) www.3MESPE.com	Available in 10%, 16%, 22% and 30% carbamide peroxide kits	Place product in tray and wear for 60 – 90 minutes as directed.
Zoom! Take Home Kits (Zoom! Touch-Up Kit; Zoom! Weekender Kit)	Discus Dental www.discusdental.com	6% amorphous calcium phosphate and hydrogen peroxide with amorphous calcium phosphate	Place product in tray and wear 30 minutes or less, once or twice daily.

Product Name	Manufacturer/Web address	Active Ingredient(s) (Aesthetic)	Application Process
Paint-On Applications			
Zoom! Whitening Pen	Discus Dental www.discusdental.com	5.25% hydrogen peroxide	Brush the pen onto the tooth surface.
Whitening Strips			
Crest White Strips Classics	Procter & Gamble www.whitestrips.com	Hydrogen peroxide	Peel strip and apply to tooth surface. Use twice daily for 30 minutes.
Crest Whitestrips Renewal	Procter & Gamble www.whitestrips.com	Hydrogen peroxide	Peel strip and apply to tooth surface. Use twice daily for 30 minutes for 10 days.
Crest Whitestrips Premium	Procter & Gamble www.whitestrips.com	Hydrogen peroxide	Peel strip and apply to tooth surface, use twice daily for 30 minutes for seven days.
Crest Whitestrips Daily Multicare	Procter & Gamble www.whitestrips.com	Hydrogen peroxide	Peel strip and apply to tooth surface, use for five minutes each day.
Listerine Whitening Quick Dissolving Strips	Johnson & Johnson www.listerinewhitening.com	Hydrogen peroxide	Align edge of strip with gumline, press and fold behind teeth. Strip dissolves within five to 10 minutes. Use twice daily for two weeks. ■