“The tooth’s response to bleaching is individualistic and can only be determined by starting treatment”

Interview with Prof. Van B. Haywood, USA

“No bleaching treatment should be initiated without a proper dental examination”

Prof. Haywood: Tooth sensitivity is the single most significant deterrent to the very popular dental bleaching. How well do we understand this condition?

Sensitivity may be treated actively or passively, but at home treatment is most preferable. Passive treatment involves reducing the frequency of application or the duration of treatment, or interrupting continuous application. Active treatment involves using a material with potassium nitrate instead of bleaching material in the tray for 10 to 50 minutes when needed, and smoothing with potassium nitrate toothpaste for two weeks before bleaching. Wearing the tray alone or with potassium nitrate can only be determined by starting treatment.

No bleaching treatment should be initiated without a proper dental examination.