

FACT SHEET:

For New Zealand Cosmetic Teeth Whitening Association Registered Teeth Whitening Practitioners

Authorised by the New Zealand Cosmetic Teeth Whitening Association [NZCTWA] with the professional support of the Dentists, Chemists, Local Authorised Trainers and Global Teeth Whitening experts of NZCTWA Member Vendors including the World's foremost Teeth Whitening authority Beyond Dental and Health and its Dentist Founder Dr. Jenny Shen DDS, and Research Director Tara Erickson

SCALING & POLISHING (Prophylaxis)

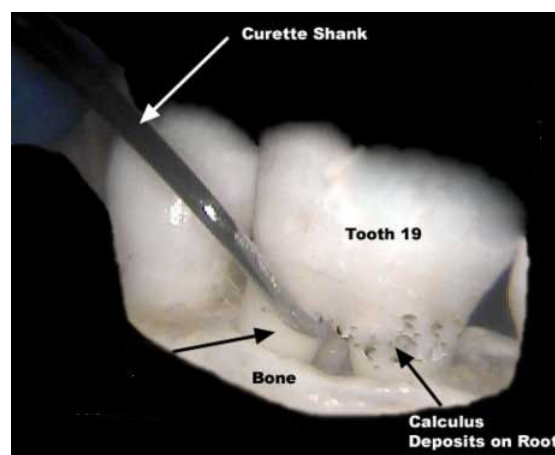
It is becoming more common for Patients to visit a HYGIENIST or DENTIST to have their teeth SCALED & POLISHED before undertaking Cosmetic teeth whitening

AN INCONVENIENT TRUTH

As a result of Scaling & polishing, TWO things can happen that affect Cosmetic Teeth Whitening outcomes

1. Scaling & polishing (In Dentist-speak, *Prophylaxis*) can for some be an invasive and sometimes painful procedure that often uses tools called scalers and curettes to clean tartar (calculus deposits) and calcium deposits from the base of the teeth.

This activity can detach gingival (gum) attachment fibres, known as the periodontal ligaments (PDLs), which are the connective tissue fibres that run between the cementum and the alveolar bone. (See Pix).



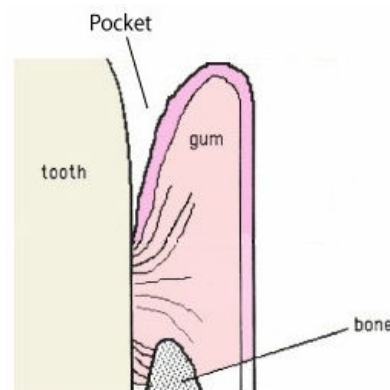
Such a procedure can recede gums from the base of the teeth, and therefore can expose Patients to the risk of exposing the dentin root of a tooth.

Particularly lower anterior teeth where it is not uncommon to find some existing gum recession due to over brushing. (*Anterior teeth are the six upper and six lower front teeth*)

WARNING - THE UNACCEPTABLE RISK

If Registered Teeth Whitening Practitioners whiten teeth in this condition there is an unacceptable risk of acute hypersensitivity due to the whitening gel sliding down **into a pocket** between the tooth base and a detached gum that has been created by the scaling and polishing.

When this happens there is a high probability that whitening gel will come into direct contact with the dentin and transfer



through the microscopic tubules of the dentin and reach the pulp containing the tooth nerves.

This Can Cause Painful Hypersensitivity In Otherwise Normal Healthy Teeth.

Therefore, for Patient comfort the NZCTWA urges its Registered Teeth Whitening Practitioners to err on the careful side and therefore, recommend Patients wait 14-days for periodontal ligaments (PDLs) to come back before any Hydrogen Peroxide based cosmetic teeth whitening procedure

WHAT ELSE HAPPENS

In addition to the afore mentioned risk, scaling and polishing also removes the **pellicle layer** coating from the tooth enamel; the pellicle layer is like the thin skin on a mushroom top.

It is a naturally forming protein layer that covers teeth enamel and once removed can take 7-days to completely grow back. Removal of the pellicle layer can also expose teeth to become more sensitive than usual

Therefore, suggest Patients wait 14-days for the periodontal ligaments (PDLs) to come back and the pellicle layer to re-grow before the any whitening procedure

It is also a good practise for you to tell Patients that a common side-effect of their Hygienist or Dentist visit for scaling & polishing can be a greatly increased potential for teeth sensitivity and suggest your Patients follow the NZCTWA strategy outlined for SENSITIVITY