

CLINICAL

Meeting patients' expectations

Randeep Gill discusses his first Enlighten case and presents the patient's glowing testimonial

This was an interesting case of a 26-year-old lady who was unhappy with the discolouration of her teeth and spaces between her upper central and lateral incisors.

The discolouration was distinct and presented with a banding pattern extending from the premolars up to the central incisors in the maxillary arch. The banding pattern of the upper arch presented a challenge, as the canines were shade A4 and the incisors a combination of A3 in the middle third and A2 at the incisal tips. There were also hypo calcified white spots present.

A minimally invasive approach

After initial consultation and examination, it was decided that a minimally invasive approach of whitening using the Enlighten system followed by composite bonding would be able to provide the result the patient was hoping for in a safe and controlled manner, without the unnecessary removal of any sound tooth tissue.

The whitening trays were fabricated using hydrogum alginate and metal rim lock trays to minimise any distortion. Care was taken to ensure no air blows in the cervical and buccal regions of the teeth. Bleaching trays



were fabricated with cervical reservoirs and an additional palatal reservoir in the canine region due to its darker colour.

A combination bleaching technique was used that included a home bleaching phase first followed by an in-surgery 'power' bleaching session. The patient used 10% carbamide peroxide for the first seven nights, followed by 16% carbamide peroxide for the next seven nights. This was followed by an in surgery procedure that was split up in to two 20 minute sessions of bleaching with a 6% hydrogen peroxide.

Sensitivity throughout the

treatment was well managed using the desensitising swabs and tooth serum that is included in the treatment kit.

After two weeks the patient returned for composite bonding to close the diastemas using Ceram.x Duo with a layering technique and Optibond FL bonding agent.

High patient expectations

With any dental procedure, the dentist-patient relationship is paramount and the importance of this is only heightened with cosmetic procedures where patient expectations are at their peak.

During the initial consultation, pre-operative clinical photographs were taken and a digital computer simulation was made. This gives the patient a visual simulation of their own teeth showing the possible outcomes, which is much more powerful and useful than explanation alone.

With home whitening, patient compliance and correct usage is key, so I spend considerable

time explaining the fitting of the bleaching trays and use of desensitising swabs. I reassure the patient of any associated transient side effects such as patchiness, sensitivity and length of treatment time, especially in a case of this nature with hypo calcified spots and banding.

Communication with the patient was kept up throughout the procedure using email or telephone consultation, this greatly enhanced treatment compliance and therefore final results.

I have found the Enlighten whitening system easy to use

with predictable results and lower rates of sensitivity. The final results revealed a bleaching shade of B1 Vita was achieved.

Patient testimonial

'I used to be really self-conscious about my smile but now that has all changed and I feel so confident smiling. Dr Gill was extremely professional and gave so much support throughout the entire process. The procedure was efficient and I am very pleased with the results.' **D**



Dr. Randeep Gill (BDS Lond.) qualified from King's College Hospital, London in 2009 where he spent an extended elective period in oral medicine. After completing his vocational dental training he has spent the last five years in general dental practice both in London and Essex. Randeep has just completed the year course in aesthetic dentistry run by Dr Ian Cline and Dr Joe Oliver and has now moved into private practice at Gypsy Lane Smiles, Reading, Berkshire, where he continued to expand his knowledge and skills in cosmetic and restorative dentistry. Gypsy Lane Smiles is an accredited Enlighten whitening centre and the Enlighten whitening system is used exclusively for all its whitening procedures.

ENLIGHTEN OFFERS a free, one-hour online tutorial, with CPD, for the whole team, which details how to effectively use its Evolution whitening systems and helps you feel confident explaining the benefits to patients. Evolution teeth whitening from Enlighten Smiles has proved it is possible to offer a B1 guarantee on every treatment, whilst continuing to stay below 6% hydrogen peroxide. Enlighten Evolution 3 is, according to Enlighten, the only whitening system in the world to guarantee Vita shade B1 on every case, irrespective of starting shade. For more information, please contact Enlighten Smiles on 020 7424 3270; visit www.enlightensmiles.com; or email education@enlightensmiles.com.

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