

# How to Manage Sensitivity during Whitening Treatment

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Sensitivity of teeth is the most common side effect of whitening treatment. This usually occurs around the necks of the teeth. Patients can experience some degree of sensitivity which ranges from mild awareness to a throb on a specific tooth. Up to 50% of patients suffer with some sensitivity.

If you are experiencing sensitivity during your whitening treatment these are the different treatments that you should follow.

1. We will provide you with a desensitising material called Soothe to place in your bleaching trays. This should be placed in the trays in exactly the same way that the bleaching material is placed. You should alternate each night, one night with the Soothe and the following night with the bleaching material, or you can apply it onto the tray for one hour per night. This should be continued until the sensitivity disappears.
2. We will provide you with some preformed trays which are called Ultra-eze trays. You should wear these trays for one night only. These should relieve your sensitivity.
3. We will provide you with GC Tooth Mouse. This can either be put in your bleaching trays or you can rub it into an individual tooth where it is sensitive.
4. You can also use a desensitising tooth paste such as Sensodyne . You can also brush with the desensitising toothpaste during the whitening treatment. Place a small amount of the tooth paste on your finger and rub it into the sensitive area. You should repeat this each night until the sensitivity disappears.
5. You can stop the whitening for one night if the sensitivity is too severe. Do not stop for more than two nights otherwise the effect of the whitening will slow down. Sometimes the gums may also feel a little sensitive. If you notice the gums are feeling sore, you need to refrain from bleaching for one day or reduce the concentration of the whitening gel.

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