A whitening system to suit all of your patients

Dr Hadia Decharriere practices general dentistry in Paris. She takes a global approach to the smile and offers a choice of cosmetic procedures within her practice. Her degree in psychology allows her to understand how important aesthetic dentistry issues are to patients’ self esteem and wellbeing. She has been trialling MeToo, a brand new whitening system from Acteon. Here she describes what makes the system up, how it differs to others on the market and patients’ reactions to the great results you can achieve with it.

MeToo includes chairside whitening treatment, as well as take-home and several accessories. The chairside strategy includes:

- **MeToo Light**: a complete one-patient kit, using a 30 per cent hydrogen peroxide gel to be activated by light-emitting diodes (LEDs)
- **MeToo DeLuxe**: a new whitening lamp that is dedicated to enhance the results obtained with MeToo Light kits (but can also be used with any other chairside whitening gels)
- **MeToo Perfect**: a small take-home kit, to stabilise the results of the chairside procedure thanks to three pre-charged trays (8 per cent hydrogen peroxide) to be used for 30 minutes, over three days.

The difference between other lamps and the MeToo Deluxe lamp lies in those light-emitting diodes, where current lamps use UV. Whereas the UV combines light and heat, MeToo Deluxe has separated those two functions by having blue LEDs and infra red light, which poses no risk to skin and soft tissues, unlike UV.

The lamp LCD control panel allows the practitioner to choose the balance between the blue LEDs and infra red light.
The aim is to be able to control peroperative sensitivity by possibly reducing the heat without reducing the blue light exposure. The MeToo Light procedure consists of three 15 minutes sessions.

Operative Protocol

The MeToo Deluxe procedure kit is made up of:

- One single use retractor that includes a saliva pump
- Two cotton rolls for the lip guard
- One 3mL syringe of NeoDam light-curing dental dam whose color changes when polymerised
- A desensitiser (MeToo Calm) with a brush that can be used during or after treatment
- Three 2.5mL syringes of MeToo 30 per cent hydrogen peroxide gel

Before each treatment, all teeth are checked and, if needed, cavities and/or any periodontal disease is treated. A dental cleaning is performed as well. The chairside whitening session begins with the shade evaluation. Then, the most important part begins: isolation of the soft tissues. MeToo retractor is a single use product. Its shape, and the use of the provided saliva rolls, allows good lip spacing. The integrated saliva pump offers a lot of comfort to the patient. The gums are isolated with NeoDam whose polymerisation will be controlled by its color change. This patented technology avoids over curing and burns. The patient’s eyes are protected with the provided orange glasses. The soft tissue isolation is reliable and reproducible.

After drying the teeth, the 30 per cent hydrogen peroxide gel is applied. For better efficiency, I take the peroxide gel out of the fridge a few hours before the session. Each of the three sessions has its own whitening gel syringe, which ensures the practitioner never runs out of gel. Each session lasts 15 minutes. During the ses-
sion, if sensitivity is observed, it is possible to reduce the power. The lamp is totally silent, which allows the patient full relaxation, listening to music for example.

Once the three sessions are completed, the teeth are rinsed, and the whole isolation system taken off. The new shade is appreciated. Patients are then given their take-home kit, MeToo Perfect, to start the day after the chairside procedure, for three days, in order to stabilise the results.

A short maintenance procedure, say three-six day take-home whitening every year, along with a good oral hygiene regime and regular scaling procedures, should enable patients to maintain the level of whiteness they desire.

_Clinical observations – Clinical cases_

All of the patients pictured received all three 15-minute sessions. None of them suffered peroperative sensitivity, which allowed me to do all sessions on ‘full power’. The dental shades were evaluated with Vita Classical and Vita Bleachedguide 3D-Master when bleached shades were reached.

_Conclusions_

Patients consulting for teeth whitening have a cosmetic aim; this implicates that practitioners should offer a painless whitening technique that provides good results and comfort during the procedure. The MeToo Deluxe whitening system has given us so far very encouraging results. Patients were very satisfied with their new shades, and found the chairside procedure relaxing. The fact that the lamp is completely silent and the absence of peroperative sensitivity seem to be essential.
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When a patient is also looking to have implant treatment, whitening should be carried out first to ensure a superb shade matching result. On fully integrated implants, obviously whitening will have no effect.

Whitening is a totally safe procedure for both natural teeth and those replaced with implants.

Technology making the difference

MeToo is the gentlest, yet most complete approach to whitening on the market today. A system created to give you the flexibility to mix and match elements from its portfolio for a superb bespoke result for each and every one of your patients.

Not every patient wants to take the chairside route, so Acteon have given them that choice within this system. There is a pure take home kit – MeToo Start – which puts patients totally in control of how they want their treatment to work. The first treatment is applied in the practice waiting room to increase motivation and ensure each patient knows exactly what to do. And then they have the choice of three formulations; 11 per cent night, 17 per cent night or 21 per cent day.

Whitening simulation software has just been launched to work alongside MeToo. You simply download it from the MeToo website – www.metoo-teeth-whitening.com – to your PC or Mac and show your patient how he or she would look with whiter teeth. It is a tool that is sure to encourage many patients to undergo whitening and it also validates the results they can expect thanks to the before and after images.

To see for yourself how this flexible, easy-to-use system can make your work simple, your patients happy and your profits soar, call 01480 477307 or email: info@acteongroup.co.uk to arrange an on-site demo._

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Dr Hadia Decharriere practices general dentistry in Paris, France, and has a global approach of the smile. Her exercise includes several cosmetic procedures such as teeth whitening, hyaluronic acid injections, all ceramic prosthesis... Her degree in psychology allows her to understand how important aesthetic dentistry issues are on her patients' self-esteem and wellbeing.