Crossing the border

NESO expands its horizons both geographically and educationally for its 89th annual meeting

By Kristine Gilker, Managing Editor

The Northeastern Society of Orthodontists (NESO) is going international for this year’s 89th annual meeting. The four-day event, to be held from Nov. 11–14, is taking place at the Hilton Bonaventure in Montreal. So grab your passport and start making plans if you haven’t already.

How to whiten teeth, even underneath brackets

Written by three renowned researchers and clinicians, this article describes the use of a new dental whitening product based on hydrogen peroxide. The effect of this compound whitens dentin in multi-directional angles, reaching areas covered by brackets and making it possible to achieve teeth whitening under braces. Patients are willing to use this whitening procedure, both in-office and at home, because they want to achieve white teeth while under orthodontic treatment. The result is a whitening technique that also achieves a marked increase in patients’ oral hygiene habits.

By Dr. Enrique Jadad, Dr. Jaime Montoya and Dr. Gonzalo Arana Gordillo

The use of hydrogen peroxide as a dental whitening agent was first described by Kingsbury in 1861. The dentists’ desire to provide fast and effective teeth whitening procedures was described by Abbot in 1918, when he introduced a wonderful and revolutionary in-office dental whitening, a 35 percent, hydrogen-peroxide concentration that, together with heat emission from a lamp, increased oxidation.1 Drs. Haywood and Heymann described a technique for daily use in 1989 that used a low carbamide peroxide concentration to remove deeper teeth stains, which increase with patient’s age.2

Dental whitening popularity

The success of hydrogen peroxide-based teeth-whitening products have been historically accepted and validated by research. Messages on TV, newspapers, magazines and other media have popularized dental pigments and removal of teeth stains caused by age, food, beverages with colorants, cigarettes and tea, among others. People ask for dental whitening treatments to achieve a better aesthetic and improve their smile and their self-esteem, all of which are closely related to serious dental pigmentation factors.3

The successful use of H2O2 for dental whitening, using different techniques for in-office and at-home treatment, has been described by many authors.4

Fig. 1: Patient under orthodontic treatment. (Photos/Provided by Dr. Enrique Jadad)