

Oral Essentials Whitening Mouthwash 7 Day Study

Abstract

The aim of this study was to analyze the efficacy of Oral Essentials (OE) Whitening mouthwash as an alternative to mouthwashes containing hydrogen peroxide or baking soda. 15 volunteers signed up for the study to use OE Whitening mouthwash twice a day for 7 days. Color measurements were carried out with a electronic Vita Shade Vision before staining on the 7th day of the whitening period. The whiteness of the teeth treated with the mouthwash increased significantly over time.

Introduction

Patients today demand more than a healthy mouth and a perfect smile. The color and aesthetics of teeth are very important to patients, as they influence self-esteem and professional relationships [1]. Tooth bleaching has become one of the most popular and common esthetic dental procedures for whitening discolored teeth in modern esthetic dentistry. This process is a relatively simple and conservative option compared to other forms of treatment, such as veneers and crowns [2]. Tooth bleaching refers to any procedure that does not use restorative materials and that changes the color and appearance of teeth that were discolored due to intrinsic and extrinsic staining [3]. Fundamental vital tooth bleaching techniques can be generally classified as at-home (dentist-supervised night guard bleaching), in-office or power bleaching (professionally administered) and over-the-counter (OTC) or mass-market products [4–6].

OTC products are a low-cost alternative for white discolored teeth without dentist supervision [7, 8]. Different OTC agents are available in supermarkets and pharmacies and on many websites [8]. These products generally contain lower levels of a whitening agent and are self-applied to teeth by means of gum shields, strips, paint-on brushes, toothpastes, and mouthwash products. They commonly require two daily applications for up to 2 weeks [6].

Mouthwashes are very popular oral hygiene agents. They act to chemically control cariogenic biofilms and have remineralizing therapeutic properties. Due to the increased concern of patients' in recent years about dental esthetics, the number of mouthwash products containing hydrogen peroxide (HP) and/or Baking Soda has risen significantly [9]. Hydrogen Peroxide penetrates the tooth and produces free radicals, which attack and break apart the chromophore bonds of large, long chain, dark-colored molecules; this eventually breaks down the molecules and chromophore bonds, resulting in changes in tooth color [6]. However, Baking Soda and Hydrogen Peroxide have been shown to weaken enamel over time (9,10). Oral Essentials developed a whitening formula mouthwash that uses Coconut Oil, Sage Oil, and Lemon Peel Oil to whiten teeth without causing sensitivity

Materials and Methods

Fifteen Volunteers ranging from the ages of 18 to 60 were instructed to use Oral Essentials Whitening Mouthwash, one cap full twice a day for 60 seconds each time in conjunction with a non whitening toothpaste. None of the participants were instructed to limit consumption of coffee, tea or other staining liquids. Pre treatment pictures were taken on the day of the first use and follow up pictures were taken one week later by an independent photographer with no relation to Oral Essentials. The color of the participant's teeth were measured using a Vita Shade Vision measurement tool. The shades of the six upper and lower teeth were measured and recorded.

Results

14 out of the 15 participants experienced significantly whiter color change of at least 2-3 shades within one week. The only participant who did not experience significant color change was the 60-year-old participant with grey teeth. Additionally, 14 out of the 15 participants reported no teeth sensitivity whatsoever. One of the participant who already had sensitive teeth reported no increase in sensitivity.

Conclusion

Within the limitations of this clinical study, Oral Essentials Whitening mouthwash increased the whiteness of teeth over 7 days without restriction of consumption of staining liquids or sensitivity. Although more controlled studies with positive and negative controls have to be performed, Oral Essentials Whitening Mouthwash has shown it can possibly be an alternative to hydrogen peroxide or baking soda containing mouthwashes on the market and furthermore for people that have sensitive teeth or as a maintenance -protocol to keep teeth whiter.

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References

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