

STUDY SUMMARY

Efficacy and Safety of Burst Whitening Trays in a 7-Day Study

Milleman J, Milleman K, Santos S, Mateo L, Welter C, Khayat H

METHODS

60 volunteers between the ages of 18 and 60 participated in a 7-day study evaluating the safety and efficacy of **Burst Whitening Trays**, containing 12.5% H₂O₂, compared to brushing twice daily for two minutes with a non-whitening fluoride toothpaste (negative control).

- 30 volunteers used Burst Whitening Trays for 15 minutes once each day and brushed twice daily with a soft toothbrush and non-whitening fluoride toothpaste
- 30 subjects did not receive a whitening treatment and brushed twice daily only with the same toothbrush and toothpaste (negative control).
- Efficacy assessments were collected Baseline/Day1, 1-hour and 7-Days post-treatment: tooth shade assessments on the 4 upper front teeth using the Vita Bleachedguide System, digital tooth color analysis of one upper front tooth using the Vita Easy Shade spectrophotometer and a questionnaire.
- The study was examiner-blind, which means that the clinical examiner did not know which treatment group the volunteers were assigned to use.

RESULTS

Compared to the non-whitening toothpaste group, **Burst Whitening Trays**:

- 1 hour following the single 15-minute use, showed visibly whiter teeth with up to 3 shades improvement
- At Day 7, the strips showed up to 6 shades improvement.
- One hour after a single 15-minute use, 97% of participants reported no mouth irritation and 93% related no tooth sensitivity.
- On Day 7, 73%% did not experience any mouth irritation, and 83% reported no tooth sensitivity.