

Dr. Nadine Skipp Aura Dental and Source1 UK Reviews The Natural+ Teeth Whitening System

Teeth whitening is a very simple, highly effective and non-invasive method of lightening the colour of teeth. The end result is a brighter, whiter smile. By restoring teeth to their natural whiteness, years are effectively wiped off people's appearance, making the treatment so popular.

Natural+ from Meodental, recently introduced their 'unique' teeth whitening product to the UK market, after the new legislation set out by the Council of the European Union was implemented. As their product was 6% hydrogen peroxide, it was now legally classified for use as a 'cosmetic product' throughout the UK and Ireland, permitting dental professionals to legally offer it to their patients.

Being a Dentist and having used most leading systems on the market myself and on my patients, I have experienced first hand the effect of sensitivity which can occur from minimally invasive teeth whitening procedures, even to the point where analgesics needed to be taken and treatment even aborted.

It is well documented that the 2 most common side effects are soft tissue irritation and hypersensitivity to the teeth.

With Natural+, this no longer is an issue.

But there's more to it that makes Natural+ so special. Let's first make a comparison with the industries two most recognised whitening gels, 'standard' hydrogen peroxide and carbamide peroxide:

Hydrogen Peroxide works quickly and effectively. It has the ability to penetrate the inner aspect of the enamel within a matter of only a few minutes after application. 'Standard' Hydrogen Peroxide is unstable and activates very quickly. It breaks up rapidly and exponentially, hindering continuous oxygen release over an extended period of time.

As it will decompose and stop working after just 8-10 min, the whitening process will slowly cease too.

When hydrogen peroxide breaks up, it forms oxygen (the active whitening agent being radical oxygen ions) and water, plus produces metal residues.

Heavy metal residues causes tooth dehydration, which creates shade relapse after 24 hours.

Carbamide Peroxide is a more stable compound than 'standard' Hydrogen Peroxide. It penetrates the tooth at a slower rate being released over a longer period of time. Carbamide Peroxide, breaks up to form 2 key components -

- hydrogen peroxide 1/3
- urea 2/3.

The hydrogen peroxide then breaks up as mentioned above. Secondly, the urea is transformed into ammonia and carbon dioxide which are both unhealthy components.

During the procedure, the pH of the material rises significantly to approximately 11, creating a dramatic basic/alkaline environment. This creates an 'etching' effect on the enamel rather than oxidation. In addition, the ammonia, which is basically chlorine bleach, can present a damaging effect on the tooth, as well as whiten them. Due to the multi-step decomposition process, products based on carbamide peroxide need to be worn for sessions of 4-6 hours and usually overnight. Worn overnight can be uncomfortable for some patients.

Natural+ is Hydrogen Peroxide, but different than 'standard' Hydrogen Peroxide in that it has a different operating mode to all other teeth whitening products.

Nat+'s patented and uniquely distinctive characteristic, lies in being the world's only 'stabilized' hydrogen peroxide on the market.

What this means for your patient, is that the gel remains active throughout the entire whitening process. Natural+ contains specific agents that prevents the acceleration of the peroxide decomposition resulting in an efficient and progressive, sustained slow release of the oxygen molecules for up to 3 hours.

Natural+ whitens for longer and penetrates deep, even down to the dentin - allowing you to treat all types of tooth stain including tetracycline and fluorosis.

As previously mentioned, Natural+ users experience little to no sensitivity or side effects.

Hydrogen peroxide and carbamide peroxide products are known to cause sensitivity and side effects. Sensitivity usually occurs when there is a high concentration of hydrogen peroxide used and or when the pH of the whitening agent is more acidic. These side effects are documented as mild-severe but are temporary. With discontinued use, these issues are usually resolved within a few hours to a couple of days.

Natural + guarantees preservation of the enamel and the dentin, maintaining a stable and ideal neutral pH of 7 throughout the whitening process which is the optimal level to avoid enamel damage.

The Natural+ gel and pre treatment Powerprep+ gel/paste both maintain a neutral pH both in the syringe and also in the oral cavity.

Most other products once activated, either become a strong base (carbamide peroxide) or become very acidic pH drop between 3-5; in both cases, etching the enamel.

This increased acidity causes tooth sensitivity. A neutral pH reduces teeth sensitivity, gum sensitivity and doesn't etch, or damage enamel.

The prevention of acidity is also contained by the inclusion of the calcium ions mentioned above. Calcium and sodium fluoride prevents acidity.

Natural+ has the advantage of the inclusion of minerals to achieve a formula enriched in high levels of calcium, sodium fluoride and Dead Sea minerals and more at optimal levels. Calcium prevents demineralization and aids in a remineralising action to rebuild the enamel barrier.

Dead sea minerals strengthen, protect and remineralise the tooth enamel.

Sodium fluoride in the formula reinforces and strengthens the calcium barrier in the enamel and dentin, preventing etching of the tooth, and acts as a desensitizer with anti-cavity power. Potassium nitrate affects the response threshold in sensory nerves and is used for pain relief.

Natural+'s mode of decomposition is progressive and not volatile as inherently hydrogen peroxide is, avoiding the unfavourable chain reaction of components.

Natural+ breaks up to form oxygen and water, without producing metal residues including heavy metals as a byproduct, so there is no dehydration of the teeth, and no shade relapse. When heavy metals are produced as a byproduct in the decomposition of 'standard' hydrogen peroxide it extracts water from the tooth causing tooth dehydration making the teeth appear whiter initially by giving it a chalky white appearance.

As the tooth rehydrates over the next few hours after the whitening procedure ceases, it will fade back returning more towards it's original shade.

This shade regression creates client dissatisfaction.

Natural+ produces no heavy metals, no dehydration, or shade regression so your patients can enjoy whiter teeth for longer.

Natural+ is also an aqueous solution which ensures a higher level of water in the formula to prevent dehydration of the tooth. Radical oxygen ions, released from the formula also penetrates more effectively when in water and cannot penetrate efficiently a dehydrated area. Grey pigmentations are located deeper in the dentin so this is important for the ability to treat the more severe cases.

Lastly, for our eco-friendly dentists, it is reassuring to know that Natural + gel and packaging are NATURAL and have been certified 100% ecological and biodegradable.

It is the only whitening product available which is non-toxic, stabilized and completely ecological.

Natural+ makes the whitening experience for our patients, more comfortable and enjoyable. The system is simple, easy to use, safe, and effective. And as we are all aware, happy and satisfied patients improve client retention, which in turn improves our clinic profitability.

Nat+ is offered in both 7ml and 10ml calibrated and constant dose syringes for ease of placement and to now guarantee a 15 day whitening period.

The syringe has a locking mechanism. It is unlocked by turning the very top of the syringe anti-clockwise.

The gel is released from the constant dose, calibrated syringe which delivers the exact amount of gel for each tooth. This ensures patient safety comfort and ease of use from no over filling of the tray, no mess and no wastage.

The gel is dispensed as a sticky droplet in the tooth impression. This added viscosity of the gel ensures the gel stays in place and will not run and seep out of the tray. Close and lock the syringe by turning the top clockwise after use.

Natural+ recommend the whitening period to be 1-1.5 hours. Yellow teeth are easiest to whiten. Tetracycline (grey teeth) and fluorosis (brown) will take longer.

Due to new EU teeth whitening legislation, all systems must now be 6% H₂O₂, or 18% carbamide peroxide with the first session carried out by a dentist or under the supervision of a dentist in the clinic.

3 appointments are necessary for Natural+ protocols

Appointment 1 - Consultation/Impression to fabricate custom made trays. Dentist first performs a diagnostic assessment.

After consultation, impressions are taken of both arches, stone models are poured and the customised whitening tray fabricated using the acrylic templates supplied in the Nat+ kit. A shade guide is used to measure the starting tooth shades with photographs.

Appointment 2 - Delivery of whitening trays and product, instructions on use, shade verification + photos.

The second session of the whitening cycle includes fitting the whitening trays and dispensing the unique powerprep+ gel into the whitening tray for 15 min

The professional Powerprep gel removes superficial surface stains and biofilm (citric acid), desensitizes the nerve so there is virtually no teeth sensitivity (potassium nitrate) and opens up the tooth surface enamel prisms to allow deep penetration of the Nat+ whitening gel to bleach tough intrinsic stains including fluorosis and tetracycline.

The use of the Powerprep+ ensures that your patient will see whiter teeth after the first hour. Full results at the end of the treatment period.

To meet EU legislation, the first whitening application is carried out in the clinic by the dentist - 60 min of whitening using the unique 6% stabilized hydrogen peroxide gel.

The patient can relax in the waiting room or in a spare treatment room during this period. Post whitening shades and photos can be taken after the first hour, which allows the patient to see whiter teeth at the end of the first whitening session in the clinic.

The patient receives a demonstration on how to complete the treatment in the comfort and convenience of their own home. The patient will use the powerprep+ toothpaste prior to every home whitening treatment. It is similar to the powerprep gel, but not as strong. It assists in the process and is an integral part of the system.

Appointment 3 - Final shade verification and photos

After 10-14 days of whitening, the patient returns for final whitening shade assessment and photographs or possibly more top up gel for darker shades.

At their 6 monthly check up, Natural+ recommend patients use this top up refill (7ml) twice per month for 1 hour each session, for 6 months. This should in all cases provide your patient with whiter teeth all year round.

I have received fantastic feedback from patients, which also confirms my own experience, especially those patients who have previously suffered with sensitivity from other leading products used.

Natural+ guarantees B1, minimal to no sensitivity, and no rebound.

Natural+ is very easy to use and very effective. Under taking the protocols is a breeze and with the Powerprep+ gel it has a unique advantage in that it provides better results after the first session than all systems we have used.

Natural+ is a product definitely worth trying. At Aura Dental we did and we were not disappointed.

These are 4 case studies we did to “test” the credentials of Natural+.



Fig 1

Pre whitening. (Vita Shade D3)

Fig 2 Post whitening. (Vita Shade B1)

This patient wanted a brighter, whiter smile followed by removal of the hypo-calcified white spot on her UL1. She was not bothered about the other hypo-calcified areas. This patient whitened for a period of 10 days and will be returning in 3 weeks to place a filling over the hypo-calcified area on the UL1. She was thrilled with her results and reported no sensitivity as well as ease of use with the product Natural+.



Fig 3 - Pre op whitening photos (Vita Shade A3.5)

Fig 4 - Post op whitening photos. (Vita Shade A1)

This patient reported very mild sensitivity during the whitening procedure but claimed it wasn't severe enough to take any painkillers or affect his daily activities. The patient was informed prior to whitening, that additional product may be necessary to achieve the desired colour due to the original darker colour of his teeth. 2 tubes of Natural+ (7ml) were used over a period of 21 days. This patient was extremely pleased with the results.

Fig 5 Pre Whitening - Vita Shade (A3)

Fig 6 Post Whitening (Vita Shade A1)



This patient wanted a whiter smile but heard from friends her teeth would become very sensitive during the teeth whitening procedure. Having very sensitive teeth due to exposed root surfaces, she was reluctant to whiten her teeth because of this. She was very pleased with her final outcome and purported no sensitivity during the whitening procedure.

Fig 7 Pre-op whitening photos (Vita A4)



Fig 8 Post op whitening photos (Vita A1-A2)

This patient reported no sensitivity during the teeth whitening procedure and stated the system was very easy to use.

Dr Skipp received her dental qualification in Canada in 1992 and since then has consistently shone in her field, achieving expert certification in cosmetic dentistry and facial rejuvenation procedures. She has received dental training from experts in the United States and Internationally.

Dr Skipp received her Masters Level degree in Aesthetic Dentistry with Aesthetic Advantage at New York University. She also works with an American team, helping world-renowned dentist Dr Larry Rosenthal to train UK based dentists in the subtle arts of cosmetic dentistry.