

61-17 Zaris Professional Tooth Whitening System (Project 00-09) (08/00)

For **UPDATE**, [click here](#).

The Zaris Professional Tooth Whitening System is a carbamide peroxide home bleaching gel from 3M Dental Products. The mint-flavored gel is available in 10% and 16% concentrations and, according to 3M, is most effective when used to lighten teeth that appear yellow, orange, or light brown. The version of Zaris evaluated by DIS contained six syringes of 16% carbamide peroxide gel, a travel case for the patient tray, and a patient instruction card. Product use instructions are provided for the dentist as well as instructions for the technician for tray fabrication. One-millimeter-thick clear tray blanks are provided and are used with a vacuum machine to make the bleaching trays. Two treatment options are listed for patients: daytime wear for 30 minutes twice a day or nighttime wear for one to two hours. Overnight application is also acceptable. 3M claims the product can produce a noticeable lightening in as few as three days, however it usually takes one to two weeks to produce the desired result. One of the differences between the Zaris System and other products is that it comes with a polypropylene insert that is applied to the cast prior to tray formation. The insert bonds to the tray during fabrication and acts as a reservoir for the gel. This obviates the need for a more time consuming way of incorporating a reservoir space, such as the use of blackout resin.



Manufacturer:

3M
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3M Health Care
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St. Paul, MN 55144-1000
(800) 237-1650
(612) 733-8524
(800) 888-3132 FAX
www.3m.com/dental

Suggested Retail Price:

\$312.50 Zaris Professional Tooth Whitening System, 16% (item number 6790-V) contains:
-six individual patient kits (each kit contains six 2.4-g syringes of whitening gel, one travel/storage case, one laminated patient instruction card)
-15 Zaris Gel Retention Inserts
-15 tray blanks
-staff and patient education materials (includes one easel-backed patient information tear-off pad, one staff instruction sheet, one tray fabrication instruction sheet, and a reorder form for additional education materials)

Government Price:

\$187.50 Zaris Professional Tooth Whitening System, 16% (item number and contents as listed above)

ADVANTAGES:

- + All 10 patients treated in the evaluation reported being "Very Satisfied" or "Satisfied" with their results.
- + Gel's high viscosity helps retain it in the tray.
- + Comes with well-designed travel kit for storing tray and bleaching syringes.
- + pH matches the value claimed by manufacturer; should prevent enamel demineralization from gel during treatment.
- + Tray insert is easier and quicker way of providing gel reservoir than traditional blackout/reservoir methods.
- + Is available in 10% and 16% concentrations.

- + Clear, user-friendly instruction card for patients.
- + Expiration date clearly indicated on syringes.

DISADVANTAGES:

- Some clinicians may find the tray material to be too thin and lack durability.
- Some cases of thermal sensitivity and gingival irritation occurred during the evaluation.
- More expensive per milliliter than several other popular products.
- Not shipped with Material Safety Data Sheet (MSDS).

SUMMARY AND CONCLUSIONS:

Zaris was judged to be very effective by clinicians and patients during this evaluation. The bleaching gel is appropriately thick which helped retain it in the tray. Also contributing to its retention is a self-adhesive strip that is used to facilitate the formation of a reservoir space during tray fabrication. Some users, however, may find the tray material to be thinner than they are used to. The product, while effective, does cause some of the common side effects reported for many popular bleaching products such as gingival irritation and thermal sensitivity. The gel's mint flavor was acceptable to patients but other products are available in a range of flavors that may be more acceptable to some patients. The product is not shipped with its MSDS, which can be a problem for some facilities, but 3M provides it after purchase. Zaris is more expensive per milliliter than several other popular products (e.g., Nupro Gold, Dentsply/Ash; VivaStyle, Vivadent; Opalescence, Ultradent). The **Zaris Professional Tooth Whitening System** is rated **Acceptable** for use by the federal dental services.

UPDATE Since this evaluation, 3M ESPE has repackaged Zaris. It now comes in six 2.4-g syringes with a smaller tray-carrying case. The product itself has not changed but some modifications have been made to its instructions.