

# Study on the whitening and sensitive relief effects of LESENING Teeth Strips

<b>Submission date</b> 27/02/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 07/03/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 06/01/2026	<b>Condition category</b> Oral Health	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

At-home tooth bleaching using low concentration peroxide has become a widely popular over-the-counter dental treatment. However, it is known to induce temporary dentin hypersensitivity following the whitening with peroxide. Potassium nitrate has been proven to effectively alleviate dentin hypersensitivity. The study objective was to evaluate the tooth whitening efficacy and tooth sensitivity of a novel whitening strips with 3% hydrogen peroxide and 1.5% potassium nitrate.

### Who can participate?

Healthy participants, aged 18 to 60 years old, who were willing to whiten their teeth

### What does the study involve?

Participants were randomly assigned into two groups: an experimental group using LESENING Whitening Strips with 3% hydrogen peroxide and 1.5% potassium nitrate, and the control group using Crest 3D Whitestrips only with 3% hydrogen peroxide. Tooth sensitivity was evaluated using scoring methods and tooth color and color change were assessed using laboratory methods, with assessments made at baseline and after 7, 14, 21, and 28 days of use.

### What are the possible benefits and risks of participating?

Participants could receive tooth strips for free to make their teeth white and acquire dental aesthetics. During the trial process, experienced clinical doctors would provide diagnosis and treatment for all participants, closely monitoring changes in their oral hygiene status after enrollment. Due to the randomization and blinding, participants might undergo side effects of tooth-whitening such as dentin hypersensitivity or gingival ulcer. Clinicians would provide immediate safe treatments when these conditions happened.

### Where is the study run from?

Affiliated Stomatological Hospital of Chongqing Medical University, China

### When is the study starting and how long is it expected to run for?

May 2024 to August 2024

Who is funding the study?

1. Supported by Dencare Oral Care Co. Ltd., China
2. The Northern Department of Endodontics, Stomatological Hospital of Chongqing Medical University, China

Who is the main contact?

Prof Deqin Yang, 500246@hospital.cqmu.edu.cn

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

Mrs Ruixin Chen

### ORCID ID

<https://orcid.org/0009-0008-9333-4056>

### Contact details

Stomatological Hospital of Chongqing Medical University, No. 426, Songshi North Road, Yubei District

Chongqing

China

400000

+86 15185209090

1163686116@qq.com

### Type(s)

Scientific

### Contact name

Prof Deqin Yang

### Contact details

Stomatological Hospital of Chongqing Medical University, No. 426, Songshi North Road, Yubei District

Chongqing

China

400000

+86 023-88600060

500246@hospital.cqmu.edu.cn

## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

Nil known

# Study information

## Scientific Title

Study on the whitening and sensitive relief effects of LESENING Teeth Strips containing 3% hydrogen peroxide and 1.5% potassium nitrate

## Study objectives

The null hypothesis was that the LESENING Whitening Strips would have no effect on tooth color change and that there would be no difference in sensitivity between the LESENING and Crest strips.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 31/05/2024, The Ethics Committee at the Affiliated Stomatology Hospital of Chongqing Medical University (No. 426, Songshi North Road, Yubei District, Chongqing, 400000, China; +86 23 8860 2305; CYKQ\_EC@163.com), ref: 202401

## Study design

Single-center interventional randomized double-blind clinical trial

## Primary study design

Interventional

## Study type(s)

Efficacy, Safety

## Health condition(s) or problem(s) studied

Treatment for tooth discoloration and prevention of tooth hypersensitivity after tooth whitening.

## Interventions

The trial was to compare the whitening efficacy and anti-sensitivity effects of LESENING Whitening Strips with that of Crest 3D Whitestrips. Following the initial examination, all participants signed informed consent forms and agreed to attend scheduled follow-up visits. They promised to use the designated non-fluoride toothpaste, not to use other whitening or anti-sensitivity toothpaste and desensitization drugs, and not to receive treatment that affected the color and sensitivity of the teeth during the study period. Participants were randomly assigned into two groups: an experimental group using LESENING Whitening Strips with 3% hydrogen peroxide and 1.5% potassium nitrate, and the control group using Crest 3D Whitestrips only with 3% hydrogen peroxide. The appearance of the two products was identical. Randomization was performed by an independent staff who was not involved in the study. The random number was generated by a random number table. 96 participants were randomly assigned to two groups by SPSS 27.0 software. Once participants were confirmed to be eligible and had completed baseline assessments, their enrollment numbers were recorded and input into software to determine the group assignment. Every participant's enrollment number and their group was printed and sealed in an envelope.

During the process, participants brushed their teeth twice daily with the given non-fluoride toothpaste and used whitening strips once daily at night before brushing their teeth. First, participants cleaned their hands, tore off the protective cover, and took out the whitening strips. Second, the gel surface of the strip was attached to the buccal surface of teeth 13-23 and gently pressed until it adhered closely. The portion beyond the incisal edge was folded to the palatal surface of the tooth. After 30 minutes, the strips were removed, and teeth were brushed as usual.

The change in tooth color measured by a spectrophotometer ( $\Delta L^*$ ,  $\Delta a^*$ ,  $\Delta b^*$ ,  $\Delta E^*ab$ , and  $\Delta WID$ ) was the main result. The changes in tooth sensitivity and the safety assessment of any adverse reactions were the secondary results.

Tooth color and sensitivity were measured at five time points: T0 (baseline, before use), T1 (7 days after starting whitening strips), T2 (14 days), T3 (21 days), and T4 (28 days). The maxillary central incisors, lateral incisors, and canines (13, 12, 11, 21, 22, 23; n=6) were measured three times, and the mean value (SDs) was used for data recording. All tooth color and sensitivity assessments during the period were performed by the same clinician. For each measurement, participants rinsed with water, and one clinician measured the color parameters of each tooth position. Sensitivity was assessed by another clinician, who recorded baseline data and provided the test products and instructions.

### **Intervention Type**

Device

### **Phase**

Not Applicable

### **Drug/device/biological/vaccine name(s)**

LESENING Whitening Strips, Crest 3D Whitestrips

### **Primary outcome(s)**

The following primary outcome measures were assessed at T0 (baseline, before use), T1 (7 days after starting whitening strips), T2 (14 days), T3 (21 days), and T4 (28 days):

1. Tooth color measured using the Vita Easyshade V spectrophotometer:
  - 1.1 CIELAB values (L, a, b)
  - 1.2  $\Delta L$  (change in brightness)
  - 1.3  $\Delta a$  (change in red/green tone)
  - 1.4  $\Delta b$  (change in yellow/blue tone)
  - 1.5  $\Delta Eab$  (overall color change)
  - 1.6  $\Delta WID$  (Dental Whitening Index)
2. Tooth sensitivity measured using the Schiff score (sensitivity score ranging from 0 to 3)

### **Key secondary outcome(s)**

Subjective evaluation of tooth color was measured using two shade guides, the Vita Classical (VITA Zahnfabrik) and the Vita Bleachedguide 3D-MASTER (VITA Zahnfabrik) before and after whitening

### **Completion date**

23/08/2024

## **Eligibility**

**Key inclusion criteria**

1. Healthy adults aged 18 to 60
2. Willingness to whiten teeth
3. No tetracycline staining
4. No fluorosis in natural maxillary anterior teeth
5. No external staining from smoking, plaque, or calculus
6. Untreated dentin hypersensitivity
7. Fixed orthodontic devices or removable partial dentures, fillings or crowns
8. Recent use of desensitizing products
9. Involvement in other similar trials

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

60 years

**Sex**

All

**Total final enrolment**

96

**Key exclusion criteria**

1. Severe oral or systemic diseases
2. Allergy to the products
3. Ongoing periodontal disease in teeth 13-23
4. Periodontal treatment within the past year
5. Tooth mobility exceeding grade 1
6. Extensive restorations on the labial surfaces of teeth 13-23, pulpitis, caries, enamel cracks, smoking
7. Pregnancy or breastfeeding

**Date of first enrolment**

08/06/2024

**Date of final enrolment**

28/07/2024

**Locations**

## Countries of recruitment

China

## Study participating centre

**Affiliated Stomatological Hospital of Chongqing Medical University**

No. 426, Songshi North Road, Yubei District

Chongqing

China

400000

## Sponsor information

### Organisation

Stomatological Hospital of Chongqing Medical University

### ROR

<https://ror.org/02bnr5073>

### Organisation

Dencare Oral Care Co. Ltd

## Funder(s)

### Funder type

Industry

### Funder Name

Dencare Oral Care Co. Ltd

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Prof Deqin Yang, 500246@hospital.cqmu.edu.cn

### IPD sharing plan summary

Available on request

## Study outputs

Output type

[Results article](#)

Details

Date created

08/12/2025

Date added

06/01/2026

Peer reviewed?

Yes

Patient-facing?

No