**Objective:** This randomized, examiner-blinded, parallel design clinical trial compared efficacy of high-adhesion whitening strips and an in-office whitening treatment.

**Methods:** Twenty seven adult volunteers with no history of previous bleaching and the Vita shade of A2 or darker on anterior maxillary teeth were randomized to one of two treatments in a 2:1 ratio: 1) 9.5% H₂O₂ high-adhesion whitening strips (Crest 3D-White Whitestrips Advanced Vivid) used 30 min once a day for 14 days or 2) 38% H₂O₂ in-office whitening gel professional treatment (Opalescence Boost) that consisted of three back-to-back 10-minute product applications conducted in a single day. Whitening response was assessed via Digital Image Analysis, safety was assessed via subject interviews and oral exams at Baseline and Day 15.

**Results:** The study participants ranged in age from 18 to 55 with a mean age of 35, and 56% of subjects were male. Treatment groups were balanced (p > 0.4) with respect to Baseline tooth color and demographic parameters. At Day 15, both groups demonstrated significant (p < 0.001) tooth color improvement relative to Baseline. At Day 15, the strip group exhibited significantly (p < 0.002) greater yellowness reduction (Δb*) relative to in-office gel group with adjusted Δb* means of -2.23 and -1.39, respectively. The 9.5% group demonstrated directionally (p = 0.095) better brightness (ΔL*) improvement relative to the in-office gel group with the corresponding adjusted means of 2.10 and 1.74. Both products were well-tolerated, no subject discontinued treatment due to an adverse event.

**Conclusion:** Use of 9.5% H₂O₂ high-adhesion whitening strips resulted in greater reduction in tooth yellowness relative to that of 38% H₂O₂ in-office whitening gel professional treatment.

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**Objective:** This study evaluated safety and relative performance of take-home whitening strips and a professional chairside whitening gel treatment.

**Methods:** This was a controlled, randomized, parallel group clinical trial. Forty-five adult volunteers were randomized to one of the two whitening treatments in a 2:1 ratio: 9.5% H₂O₂-containing high-adhesion take-home strips or a professional procedure that involved chairside application of a 36% H₂O₂ whitening gel (Colgate® Visible White Chairside Kit). Subjects in the take-home strip group (N = 30) wore strips 30 min daily for 20 days, subjects in the chairside whitening group (N = 15) underwent a whitening procedure in a single day according to the manufacturer’s instructions. Digital image analysis of maxillary anterior teeth, and safety assessments were conducted at Baseline and Day 21 (20 days post chairside treatment).

**Results:** Average age was 33, ranging from 19 to 52 years, and 62% of subjects were female. At Day 21, both treatments resulted in statistically significant (p ≤ 0.0001) tooth yellowness reduction (Δb*) and lightness improvement (ΔL*) relative to baseline. The take-home strip group also demonstrated significantly greater (p ≤ 0.02) improvement of Δb* and ΔL* color parameters relative to the chairside whitening procedure at Day 21 with the adjusted mean Δb* values of −2.70 and −1.42 for the take-home strip and the chairside procedure group, respectively, and the adjusted mean ΔL* values of 2.03 and 1.39 for the take-home strip and the chairside procedure group, respectively. Reported sensitivity occurrence was 17% in the take-home strip group and 40% in the chairside procedure group.

**Conclusion:** Take-home strip whitening treatment resulted in greater tooth color improvement relative to a chairside whitening procedure.