

Bleaching efficiency and side effects of three home bleaching systems

ABSTRACT NO.

20

DR. NADIA AL-ZAHRANI*
DR. NADA AL-HARBI*
DR. SOHA AL-QADI*
DR. AMNAH AL-QARNI*
DR. DALIA A. ABU ALENAIN**
DR. HATEM E. AMIN***

*Interns

**Assistant Professor, Department of Conservative Dental Science

***Dental Public Health, Department of Preventive Dental Science

Faculty of Dentistry, King Abdulaziz University
Jeddah, Saudi Arabia

OBJECTIVE: To compare the bleaching efficiency, side effects and patient acceptance of three home bleaching systems.

MATERIALS and METHODS: Thirty females were randomly allocated to three equal home bleaching groups. Group I - Opalescence Treswhite, Group II - White Smile and Group III - Clever White. Teeth shade and gingival index were recorded at base line and after one week of product use. Tooth hypersensitivity, gingival irritation and patient acceptance were recorded by the participants in questionnaires during and after one week of products use. ANOVA, Kruskal Wallis and Chi-square tests were used.

RESULTS: Shade improvement was significantly higher in Group I compared to Group III ($P < 0.05$). There was no statistically significant difference between the three groups during and after the bleaching application regarding tooth hypersensitivity and the mean gingival index ($P > 0.05$). Regarding gingival irritation, there was a statistically significant difference among the groups during product application. Patients' acceptance in Group I, Group II and Group III represented 100%, 60% and 33% respectively, with a statistical significant difference ($P < 0.05$).

CONCLUSIONS: No significant difference was observed between groups regarding hypersensitivity and gingival index. However, Group I showed the highest patient acceptance and shade improvement.