

Effect of High Light Intensity Bleaching Protocol versus Descending Light Intensities Bleaching Protocol on Post Bleaching Teeth Sensitivity: A Randomized Clinical Trial



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Abstract

The study aimed to compare teeth sensitivity and shade after bleaching protocol with descending different light intensities versus bleaching protocol with the same high light intensity.

Sample size was twenty-four patients. Each group consisted of twelve patients. Group I patients received bleaching protocol of descending different light intensities. Group II patients received bleaching protocol with the same high light intensity; both groups used the same home bleaching gel kit for seven days according to manufacturer instructions and protocol. Baseline records were digital photographs, teeth sensitivity and teeth shade for 12 anterior teeth. Teeth sensitivity was assessed using five points verbal rating scale and Standardized 100 mm Visual analogue scale after 1 day, after 2 days and after 1 week. Teeth shades for twelve anterior teeth were recorded by VITA Easy Shade V after 1 week by VITA Easy Shade V. Mann-Whitney test (non-parametric test, 2 independent samples) was used to compare teeth sensitivity between both bleaching protocols at each period. A paired t-test was performed to compare the colour change in shade guide units and ΔE values within high light intensity bleaching protocol. While Wilcoxon Signed-Rank test was used to compare colour change light intensities bleaching protocol. Comparison of bleaching effectiveness between both bleaching protocols was performed by the Mann-Whitney test.

Descending different light intensities protocol showed a lower teeth sensitivity than high same light intensity protocol. Descending light intensities protocol had a little higher effect on colour change in shade guide units (SGU) than high light intensity protocol effect.

Biography

Shadwa Kabil has earned her B.D.S-Bachelor Degree of Dentistry, Faculty of Oral and Dental Medicine, Cairo University, 2008. She holds 2 master degrees. A master Degree in Restorative Dentistry, Faculty of Oral and Dental Medicine, Cairo University, 2015. Second master degree in hospital management and logistics, Faculty of Logistics, AAST, Egypt. She has completed her PhD in restorative and esthetic dentistry from Cairo University, Egypt. She is now restorative and esthetics dentistry lecturer in the British University in Egypt. She has been a member in Egyptian dental surgeons association (EDSA) since 2012 and American association for dental research (AADR) since 2014. She has been reviewing papers in reputed journals. She is interested in esthetics dentistry, restorative dentistry, cosmetic dentistry, cariology, prevention, nanodentistry, tissue engineering and digital dentistry.

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[International Meet on Dentistry and Dental Sciences Congress](#) | Amsterdam, Netherlands, July 13-14, 2020

Citation: Shadwa Kabil, Effect of High Light Intensity Bleaching Protocol versus Descending Light Intensities Bleaching Protocol on Post Bleaching Teeth Sensitivity: A Randomized Clinical Trial, International Meet on Dentistry and Dental Sciences Congress, Amsterdam, Netherlands, July 13-14, 2020, 143