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One-Year Clinical Follow-Up: Office Type Vital Bleaching

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Objectives To follow-up of six patients who were treated with in-office vital bleaching for one year, taking into consideration their daily routines, and observe to evaluate color longevity.

Methods Tooth shades were measured with the VITA Classical Shade Guide (Vita Zahnfabrik, Bad Säckingen, Germany). The bleaching process with Opalescence Boost 40% (Ultradent, South Jordan, USA) was performed according to the manufacturer's instructions. The activator and whitening solution were mixed 25 times on each side. Before the application, plaque removal was performed in each patient and the tooth surfaces were cleaned. OpalDam gingival barrier was used for soft tissue isolation. 1 mm thick whitening gel was applied directly to the labial areas of the teeth with black mini tip. In each patient, a total of 2 applications were performed on the same day for 20 minutes per application.

Results At the end of the one-year follow-up, it was found that there was some external discoloration in the patient group who were treated with bleaching, however it did not return to the initial color before the bleaching procedure. None of the patients complained about their current tooth color and there was no any dissatisfaction. It was observed that 2 patients with more discoloration were tobacco products users.

Conclusions Many conditions such as daily routines, diet and especially the use of tobacco products are important factors in maintaining the preservation of tooth color in people who have received bleaching treatment.