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jualvesbuosi@usp.br



Biomaterials and Oral Biology Department University of São Paulo, Brazil

In-office and Take-home Whitening: Color and Micro-hardness Analyzes

*J. Buosi Alves, G. Improta Andretta Alpert, Y. de Toledo Salvado da Ressurreição, J. Martins, R. Ballester, P. Capel Cardoso

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jualvesbuosi@usp.br

OBJECTIVES

The aim of this study is evaluate the bleaching efficacy of an in-office (IO) gel (Opalescence Boost Hydrogen Peroxide 40%, Ultradent) and a take-home (TH) gel (Whiteness Perfect, carbamide peroxide 16%, FGM) as well as changes in enamel (EN) and dentin hardness, near the amelo-dentinal junction (ADJ) and on deep-dentin (DD).

MATERIAL AND METHODS



2	Each gr IO), mic	Each group was randomly divided again into 2 groups, one for each whitening gel tested (TH and IO), microhardness with $n = 25$ and color evaluation with $n = 20$.									
Whitening gel		40 µL of artificial saliva	Experimental Group	Brand/ Manufacturer	Application time	Active Ingredient					
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http://09.059	TH	Whiteness Perfect/FGM	8h/day for 14 days	Carbamide peroxide 16%
	IO	Opalescence Boost/ Ultradent	45min/day 1x/week for 2 weeks	Hydrogen peroxide 40%
3 New microhardness (A) and were taken 48 hours after ble	color (B) measure aching treatments.	ements A)		B)

RESULTS





Different letters within the same group of gel indicate statistically significant differences (p<0.05).



Different letters within the same group of gel indicate statistically significant differences (p<0.05).

CONCLUSION

Both gels tested led to color changes, however the take-home gel promoted better whitening result. Nevertheless, the take-home gel caused demineralization on enamel surface and higher demineralization in amelo-dentinal junction.