

1800 Two different types of home bleaching system comparison

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Objectives: This research was meant to compare the effect of a traditional home bleaching system (Vitastyle 10% - Ivoclar-Vivadent) with a do-it-yourself dental bleaching system (Simply White®- Colgate) in a Venezuelan female sampling population. **Methods:** Twelve, 18-25 years old female dental students were involved. The initial vita shade was recorded for each upper front tooth; both bleaching agents were used in each upper hemi-arch (randomly assigned) for 15 days following the manufacture's instructions. Three days after the bleaching period's ended, the shade of each upper tooth was recorded. One way ANOVA was used to detect statistical differences. **Results:** There were no statistical differences ($p = 1$) between the two dental bleaching systems; however, a mean increase of the value in three shades of the vita guide were found for both bleaching methods. **Conclusion:** Under the conditions of this study, both dental bleaching systems showed the same efficiency increasing the value of upper teeth after 15 days of home bleaching. **Materials used in this research** were donated by Colgate-Palmolive of Venezuela and La Dental a Venezuelan dental supplier.

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