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Effects of dental bleaching on oral health: A new study

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Background & Purpose: Alteration on enamel surface structure due to bleaching procedure is a concern that could affect plaque accumulation on tooth surface. Nowadays treatment of tooth discoloration is a common esthetic demand in population. The aim of this study was to evaluate the clinical effect of white strips containing 9.5% hydrogen peroxide on the plaque index of dental student.

Materials & Methods: This clinical trial study was done on 17 dental students aged 20-24 years old. All subjects signed a consent form before participating in the study. The protocol was approved by the ethical committee of Azad Dental University. Plaque index was recorded 10 day, 3 day and base line per treatment. The white strip crest advanced vivid, USA were used on sex anterior maxillary teeth based on manufacturer's instructions 14 days, each day 30 minutes. Plaque index was recorded on day 14 of treatment, 3 and 10 day post-treatment. The data was analyzed performed with Friedman test.

Results: Turesky plaque index was significant lower immediately after treatment and 10 day post-treatment compared to 10 day per treatment and base line. ($p < 0/05$)

Conclusion: White strips containing 9.5% hydrogen peroxide can decrease plaque accumulation for a short period of time after bleach treatment.

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Periodontal muscle training can strengthen the periodontal support: Feet your teeth

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Previous research on periodontal structure and function has shown a significant relationship between periodontal tissue and teeth. This study assessed dentist's beliefs about the relative efficacy of the health of periodontal tissue. A total of 505 patients in general practice were asked to respond to a list of 25 obligatory nourishment for a child while going to have the first teeth, for its effectiveness in dealing with patient's periodontal health especially including chewing hard food. They were also asked to select the three most effective nutrition types for periodontal tissue. The indices of patient perceived importance of the periodontal health were derived and each was compared with actual effectiveness as determined from a sample of 250 patients. Although the majority of patient's rated (18 of 25) nutrition as being very effective, there was no significant association between patients perceived nourishment effectiveness and actual effectiveness. The implications for patient training are discussed.

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