**ID: 3662**

**Congress:** 12th International Congress of Iranian Academy of Restorative Dentistry 24-26 October 2012 Tabriz-Iran

**Title:** Laser bleaching or Light bleaching, which one??

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**Abstract:** Tooth whitening is one of the most requested cosmetic dental procedures asked for by patients who want a more pleasing smile. Even though the at-home bleaching system is the most frequently recommended treatment for vital teeth, some patients do not adapt to the technique, because they prefer not to use a bleaching tray or do not like to wait two to three weeks to see the results of their treatment. These patients might request a method that produces more immediate results, the in-office bleaching treatment. Since the introduction of in-office bleaching treatments, the use of curing lights (including halogen curing lights, plasma arches, LED, LED plus lasers, lasers) has been recommended to accelerate the action of the bleaching gel. The clinical results obtained with the use of these lights were poor, showing an increase in tooth sensitivity and reduced long-term color stability, pulpal necrosis especially when the treatment was done in one appointment. Recent developments in in-office bleaching systems that use a chemical catalyst combined with light-cured block-out materials and compounds have resulted in decreased tooth sensitivity and enhanced treatment and have demonstrated improved results for tooth whitening treatment when hydrogen peroxide (H2O2) is used with laser irradiation. The use of light sources can accelerate the chemical decomposition of hydrogen peroxide and therefore achieve a whiter smile in a shorter time. Therefore, the association of Laser and Whiteness HP bleaching gel showed better results than when the same agent was used alone or in combination with LED.

**laser bleaching, light bleaching, tooth whitening**

**Presentation:** Poster