### Title: A Review on Over-The-Counter Dental Whitening Agents

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**Abstract:**

**Aim:** Introduction of the OTC tooth-bleaching products, evaluation of their efficacy and mechanism of action.

**Content:** Tooth discoloration is one of the commonly found dental problems which can be influenced by a combination of intrinsic and extrinsic factors or both of them. Intrinsic stains are related to enamel and dentin properties, while extrinsic stains are associated to deposition of either food or other stains on the tooth surface. A number of methods are available to improve the color of discolored teeth. Dentist-supervised home-use tooth bleaching with custom trays is the most common bleaching procedure dispensed by dentists to their patients. Usually, this treatment modality consists in the application of 10-15% carbamide peroxide in a tray that is worn at night for at least two weeks. The good results obtained with this technique stimulated the flourishing of new products and techniques.

Over-the-counter (OTC) bleaching products appeared as a low-cost alternative to bleach discoloured teeth without dentist supervision. Different OTC products are including rinses, paint-on brushes, toothpastes, chewing guns, dental floss, and whitening strips. There is lack of clinical evidence regarding the safety and effectiveness of these products. Concerns have appeared due to the potential abusive use of these self-medication agents, especially in young patients, with potential harmful results. Dentists should be acquainted with this kind of products to be able to inform their patients.

**Conclusions:** Clinical study of efficacy and side effects of OTC bleaching products is needed.

**Key words:** tooth discolorations, bleaching, OTC tooth-bleaching products

**Presentation:** Poster