

## **Effectiveness evaluation between home and office dental bleaching techniques**

### **Abstract**

Dental bleaching is one of the most used clinical procedures in dentistry. Dental discoloration has been one of the most common aesthetic problems reported by patients in dental offices. The use of whitening substances at home and in the office (dental bleaching techniques), when performed correctly, allow satisfactory aesthetic results. The purpose of this study was to compare the techniques of dental bleaching in the dental office and supervised home care, by addressing aspects such as color change, dentin sensitivity, gingival irritation, satisfaction and increased self-esteem. It was concluded that there are no differences regarding efficacy, risks and side effects (dental sensitivity) among the presented techniques.

**Descriptors:** Tooth Bleaching. Tooth Bleaching Agents. Oxidation.

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