

# Bleaching For Smile –A Case Report

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## ABSTRACT

*Tooth discoloration nowadays is common esthetics problem faced by many people due medical problems or due to habits . Whenever teeth get discolour ,bleaching always comes first in our mind . Now a day's patients demand quick results, Due to availability of in-office bleaching techniques helping dentist to overcome patients demands such as immediate results and less painful . Since few years self activated bleaching agents are more popular and more effective than other bleaching agents .*

**KEYWORDS:** In office Bleaching, N M Z New Teeth Whitening Fine Dental Tooth Cleaner Whitening System , Discoloration

## INTRODUCTION

Bleaching can be explained as a lightening of the natural colour of your teeth without changing anatomy of teeth . The main goal of bleaching is restoring the color of a tooth with the help of strong oxidizing agents which are known Bleaching agents(1,2) .

Commonly used agents are as follows-

- A. Hydrogen peroxide
- B. Sodium perborate
- C. Carbamide peroxide
- D. Over-the-counter agents

### Advantages of In Office bleaching:

- Short duration procedure.
- Procedural error decrease
- Desensitizers such as potassium nitrate and fluoride help in reduction of tooth sensitivity(3).

### Disadvantages of In Office bleaching:

- Costlier than others agents .
- Results depend on age, type of stains(4) .

## OVER –THE COUNTER BLEACHING AGENTS

These agents are being marketed include tray systems, trayless systems , chewing gums ,tooth pastes ,bleaching strips , and paint on products like NM Z New Teeth Whitening Fine Dental Tooth Cleaner Whitening System White light Gel Tool . This system is used in following case .



### N M Z New Teeth Whitening Fine Dental Tooth Cleaner Whitening System .

#### FEATURES OF THIS SYSTEM–

Perfect for : tetracycline, black yellow, coffee stains, smoke stains, tea stains, tartar, water stains, plaque bacteria(5)

- The best thing about it is that White Light offers all the advantages of a laser teeth whitening procedure, while being quick, and easy to use
- Place Dental Try on Teeth and place light transmitter against Dental Tray.
- Use weekly to help maintain a beautiful white smile(6,7).

## CASE REPORT

A 22-years-old female was referred to the Department of Operative Dentistry and endodontics with the chief complaint of yellowish discoloration of teeth. It was the first time she requested for this cosmetic procedure, and after clinical examination, it was observed that the patient had her teeth only moderately dark brownish yellowed (Figure 1) with the report of high consumption of coffee & tea. In

office, bleaching procedure was then decided for the same patient.

### Instructions:

1. Normal brushing
2. The upper and lower parts spliced together the teeth removal
3. Opened the whitening gel
4. On the upper and lower parts of the inner tray agent tiny gel strips, as the right amount
5. Place the tray in its teeth
6. the white transmitter Alignment tray, white wrap emitting the mouth
7. switch on 10-15 minutes later, turn off the transmitter, then rinse with water, cleaning.



**Fig 1. Patient came with dark stains at first visit .**



**Fig 2. Patient after first application of bleaching agent N M Z New Teeth Whitening Fine Dental Tooth Cleaner Whitening System .**



**Fig 3. Patient is treated by second application during second week of treatment .**

### DISCUSSION

Nowadays in the dentistry world there are so many methods are present to esthetic cases. And to treat these esthetic cases, bleaching is the best option (8,9). Here in this case N M Z New Teeth Whitening Fine Dental Tooth Cleaner Whitening System is used as bleaching agents. Nonvital and traumatic tooth gets discoloured and to avoid misdiagnosis and wrong treatment then we do electric pulp test (10). Hanks et al. concluded that bleaching agent penetration into pulp chamber depends on the original concentration of the bleaching agent and duration for which it has been exposed to the tooth surface, he also concluded that it took around 15 mins for bleaching agent to reach into the pulp chamber.

### CONCLUSION

In-office tooth, bleaching procedure is one of the best and effective procedure for teeth whitening. Latest materials in dentistry for bleaching processes, in office technique is best option for tooth structure with proper guidance and directions.

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