

## **Perbandingan efektivitas dua bahan pemutih karbamid peroksida 10% dengan dan tanpa kalium nitrat-fluor (uji klinik)**

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### **Abstrak**

Indonesian Journal of Dentistry 2006; Special Edition KPPIKG XIV: 368-373

Tooth bleaching has become a popular treatment for esthetic improvement in dentistry. There are several 10% carbamide peroxide bleaching agents that are available in Indonesia which contained potassium nitrate-flouride or without potassium nitrate-flouride. However, there was no clinical report about these products in Indonesia. This study was conducted to compare the effectiveness of two bleaching and sensitivity of tooth and gingiva. Sixty-four participants were divided into 2 groups. The first group was treated with bleaching agent that contained potassium nitrate-flouride (Opalescence PF, Ultradent) and the second group with bleaching agent without potassium nitrate-flouride (Vivastyle, Ivoclar Vivadent). Bleaching treatment was done for 6-8 hours per night over a 2 week-period. Evaluations were performed at baseline and at 3, 7, 14 day afterwards. Color change was measured using a value-ordered Vita classic shade guide; tooth and gingival sensitivity were examined using Electric Pulp Tester, Gingival Index and a patient log. The results showed that there were no statistical difference in degree of color change between the two products. The mean color change after 2 weeks was 7-8 tabs lighter than baseline. Also there was no statistical difference in tooth and gingival sensitivity between the products. It can be concluded that 10% carbamide peroxide containing potassium nitrate-flouride has the same effectiveness compared to other agent without potassium nitrate-flouride for tooth color change and tooth and gingival sensitivity.