

## Penggunaan karbamid peroksida sebagai bahan pemutih gigi./ Endang Suprastiwi

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### Abstrak

Carbamide peroxide as a whitening agent for teeth is very popular because the use of this agent is easy and inexpensive. There are two kinds of concentrations, i.e. 10%-15% and 35%. The methods are home bleaching and in office bleaching. For home bleaching, the duration of whitening application is 2-6 weeks, each day for 8 hours, whilst for in office leaching, two hour application will be required. Whitening efficacy might be increased up to 2-5 levels and the color may sustain for 1-3 years, and this treatment could be reapplied. There is an effect on pulp system, but the effect is reversible, i.e. sensitivity which could be treated with flouridation or application of potassium nitrate. The side affects on gingiva include inflammation which is caused by the buffer and is only temporary. Bleaching is safe to be use the result will be satisfying if proper procedure is followed.