

Effectiveness and effect of non-vital bleaching on the quality of life of patients up to 6 months post-treatment: a randomized clinical trial

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Objectives: The aim of this study was to evaluate the esthetic perception of patients at 6 months after bleaching of non-vital teeth with 35% of hydrogen peroxide and 37% of carbamide peroxide using a walking bleach technique. We also assessed psychosocial impacts as well as the clinical effectiveness and stability of the color change. **Materials and methods:** The teeth bleaching treatment was randomly assigned to two groups according to the bleaching agent used: G1 HP = 35% of hydrogen peroxide (n = 25) and G2 CP = 37% of carbamide peroxide (n = 25). The non-vital bleaching was performed in four sessions using the walking bleach technique. The color was objectively (ΔE) and subjectively (Δ SGU) evaluated. The esthetic perception and psychosocial factors were evaluated before treatment as well as one and 6 months post-treatment using Oral Health Impact Profile (OHIP) esthetics and Psychosocial Impact of Dental Esthetics Questionnaire (PIDAQ). **Results:** The color change (ΔE) at 6 months (G1 = 14.53 ± 5.07 and G2 = 14.09 ± 6.61) for both color groups remained stable until the 6-month post-treatment ($p > 0.05$). There was a decrease in the values of OHIP esthetics and PIDAQ after treatment compared to the baseline ($p < 0.05$), and this effect was maintained 6 months post-treatment. **Conclusions:** Both agents were highly effective and maintained the color stability at 6 months; this positively affected the esthetic perception and psychosocial impact of patients who also remained stable over time. **Clinical relevance:** Non-vital bleaching produces a positive and stable impact on the esthetic perception and psychosocial factors at medium-term follow-ups. © 2018, Springer-Verlag GmbH Germany, part of

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Carbamide peroxide

Hydrogen peroxide

Non-vital bleaching

Randomized clinical trial

hydrogen peroxide

peroxide

tooth bleaching agent

adult

controlled study

dental procedure

double blind procedure

female

human

male

procedures

quality of life

questionnaire

randomized controlled trial

tooth pulp disease

Adult

Double-Blind Method

Esthetics, Dental

Female

Humans

Hydrogen Peroxide

Male

Peroxides

Quality of Life

Surveys and Questionnaires

Tooth Bleaching

Tooth Bleaching Agents

Tooth, Nonvital