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ABSTRACT: 2006 IADR General Session & Exhibition

2112 Efficacy of Polanight on Tooth-whitening 24-months Post Treatment on Japanese

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Objective: The purpose of this study is to compare the whitening efficacy of Polanight™ (SDI Ltd, Australia) with that of a widely used tooth-whitening product, Opalescence F™ (Ultradent, USA) at 24 months after treatment. Methods: Healthy 45 Japanese participants (18–47 years of age) were selected. Using a simultaneous split mouth protocol, a professionally made custom tray was applied to maxillary right anterior teeth with Polanight 10% carbamide peroxide gel, and to left anterior teeth with Opalescence F 10% carbamide peroxide gel, respectively. All participants were directed to fix the tray every night with a minimum of 6-hours per night for 2-weeks. Tooth color change was taken at the left and right maxillary canine teeth using a portable chroma meter (Shade Eye NCC, Shofu, Japan). L*a*b* tooth color changes were analyzed using CIE LAB units. Statistical analysis was performed using Student's T-test. Results: After 24 months, L*a*b* tooth color changes were ΔL^* ; 3.17 ± 2.59 (mean \pm SD, n=45), Δa^* ; -0.75 ± 0.76 and Δb^* ; -4.66 ± 3.43 for Polanight, and ΔL^* ; 1.45 ± 1.51 , Δa^* ; -0.54 ± 0.78 and Δb^* ; -3.25 ± 2.65 for Opalescence, respectively. And ΔE values were 6.33 ± 3.34 and 4.19 ± 2.29 for Polanight and Opalescence, respectively. There were significant differences in ΔL^* ($p < 0.005$) and ΔE ($p < 0.005$) between them, however neither Δa^* and Δb^* value showed remarkable differences. Conclusion: Both Polanight and Opalescence were effective in the tooth-whitening. And Polanight was more effective than Opalescence. (This research was supported by SDI Ltd.).

Seq #174 - Tooth Bleaching

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