

## Tooth whitening

Prof. Yoo Seok Shin

In this lecture, I will review the principle of tooth whitening and various methods and treatment strategies of tooth whitening, and introduce ways to increase the effectiveness of tooth whitening.

It has become one of the reasons why teeth discolored into a social atmosphere that values appearance and youth come to the teeth. Various materials were used to whiten teeth for the development of laundry, but with the application of hydrogen peroxide in 1884, modern teeth whitening was established. Various clinical attempts have been made to effectively boost dental whitening agents.

With the introduction of night-guard vital bleaching using carbamide peroxide in 1989, it became possible for many people to easily whiten their teeth at home, thereby popularizing the teeth. Through this lecture, I will explain in detail the effects of hydrogen peroxide such as Diffusion, Interaction, and Surface Change to think about the exact application method. I hope that a more stable method by comparing the results and efficacy of whitening at the dentist and various self-whitening methods will be shared with the dental health professionals. In addition, I will teach you how to whiten your teeth more comfortably by learning how to overcome and prevent dental hypersensitivity, which is a representative side effect of whitening your teeth. In addition, I will review special considerations for adhesion after whitening.

### Profile

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