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Journal of Innovative Dental Sciences

Perspective

Prevention and treatment of the tooth whitening complications

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DESCRIPTION

Teeth whitening is well-known dental treatment as it improves the appearance by making the lighter teeth color. Teeth whitening has drawback. Changing the colour of the teeth is an event that involves a serious burden on the patient's body. Despite the great experience accumulated in this area, no one can guarantee a certain result. It happens because of the differences in the conditions of conducting, and also because of the reaction of the human body to certain influences. Many problems encountered with tooth bleaching like, gingival irritation and enamel sensitivity. Overusing or misusing teeth whitening products can also lead to enamel damage, gum irritation, and discoloration. To review the available published literature until 31st December 2022 to identify the studies demonstrating the prevention and treatment of the complications after tooth whitening. Searching both electronic databases (PUBMED and OVID MEDLINE) and hand searching of relevant written journals. The main outcome measures were the methodology and assessment used by investigators to evaluate the prevention and treatment of the complications after tooth whitening. Results: The reported methods of evaluating the complications after tooth whitening were based on the subjective response of subjects rather than a recognized methodology for evaluation.

CONCLUSION

Teeth whitening remains one of the most popular cosmetic dental procedures, widely appreciated for its ability to enhance aesthetic appearance by lightening tooth colour. However, despite its popularity and perceived benefits, this treatment is not without risks and limitations. Changing the natural colour of teeth involves a physiological burden on the body, and individual responses to whitening treatments can vary significantly. Factors such as the method used, the condition of the teeth, and the patient's biological sensitivity all influence the outcome, which makes it impossible to guarantee consistent or predictable results for all individuals. The literature reviewed up to December 31, 2022, highlights a concerning lack of standardized methodologies for assessing and managing complications associated with tooth whitening. Common side effects such as gingival irritation, enamel sensitivity, and potential enamel damage are frequently reported, especially in cases of overuse or misuse of whitening products. Alarmingly, most studies relied heavily on subjective feedback from patients rather than objective, scientifically recognized assessment tools to evaluate adverse effects and their treatment. This reveals a critical gap in current research and clinical practice, indicating the need for more rigorous and standardized evaluation methods. Dentists and patients must be well-informed about the possible risks and adopt a cautious approach, particularly with over-the-counter whitening products. Additionally, further studies are needed to develop evidence-based guidelines for both preventing and managing complications following tooth whitening. In summary, while teeth whitening can provide desirable cosmetic results, it must be approached with an understanding of its limitations and potential risks. Emphasis should be placed on patient education, professional supervision, and continued research to ensure safer and more effective outcomes in dental whitening treatments[1-5].

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Received: May 13, 2025; **Manuscript No:** JDSS-25-8213; **Editor Assigned:** May 15, 2025; **PreQc No:** JDSS-25-8213(PQ); **Reviewed:** May 30, 2025; **Revised:** June 6, 2025; **Manuscript No:** JDSS-25-8213(R); **Published:** June 16, 2025

Citation: Banai SRA (2025). Prevention and treatment of the tooth whitening complications. J Innov Dent Sci, Vol.1 Iss.1, June (2025), pp:3.

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