

PERBANDINGAN EFEKTIVITAS DUA BAHAN PEMUTIH KARBAMID PEROKSIDA 10% DENGAN DAN TANPA KALIUM NITRAT-FLUOR (Uji Klinik)

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Abstract

Effectivity of Two Bleaching Agent of 10% Carbamide Peroxide with and without Potasium Nitrate-Fluoride (Clinical Study).

Tooth bleaching has become a popular treatment for esthetic improvement in dentistry. There are several 10% carbamide peroxide bleaching agents that are available in Indonesia which contained potasium nitrate-fluoride or without potasium nitrate-fluoride. However, there was no clinical report about these products in Indonesia. This study was conducted to compare the effectiveness of two bleaching and sensitivity of tooth and gingiva. Sixty-four participants were divided into 2 groups. The first group was treated with bleaching agent that contained potasium nitrate-fluoride (Opalescence PF, Ultradent) and the second group with bleaching agent without potasium nitrate-fluoride (Vivastyle, Ivoclar Vivadent). Bleaching treatment was done for 6-8 hours per night over a 2 week-period. Evaluations were performed at baseline and at 3, 7, 14 day afterwards. Color change was measured using a value-ordered Vita classic shade guide; tooth and gingival sensitivity were examined using Electric Pulp Tester, Gingival Index and a patient log. The results showed that there were no statistical difference in degree of color change between the two products. The mean color change after 2 weeks was 7-8 tabs lighter than baseline. Also there was no statistical difference in tooth and gingival sensitivity between the products. It can be concluded that 10% carbamide peroxide containing potasium nitrate-fluoride has the same effectiveness compared to other agent without potasium nitrate-fluoride for tooth color change and tooth and gingival sensitivity. *Indonesian Journal of Dentistry 2006; Special Edition KPPIKG XIV:368-373*

Key words:

Pendahuluan

Pemutihan gigi vital yang mengalami perubahan warna kini menjadi populer dengan semakin banyaknya produk pemutih gigi serta informasi mengenai pemutihan gigi melalui berbagai media, meskipun efek sampingnya terhadap gigi dan gusi masih terus diperdebatkan.¹ Bahan dasar pemutih gigi yang kini sering digunakan adalah hidrogen peroksida dan karbamid peroksida. Bahan

pemutih gigi saat ini banyak yang dapat dibeli secara bebas atau dipakai di bawah pengawasan dokter gigi. Penggunaan bahan ini di bawah pengawasan dokter dilakukan dengan tehnik *in-office bleaching* menggunakan hidrogen peroksida konsentrasi 30-38% sedangkan *home bleaching* menggunakan karbamid peroksida konsentrasi 10-16%.²⁻⁴

Produk yang telah mendapatkan persetujuan dari beberapa negara seperti Amerika, Kanada, dan Eropa adalah tehnik pemutihan gigi yang