

Summary

The aim: To clinically test the efficacy of the at-home teeth whitening product *ENA®WHITE 2.0*, to find out patient satisfaction with the results and to record possible adverse reactions.

Introduction: Teeth whitening has been popular from time immemorial. Nowadays, there is a big amount of over-the-counter teeth whitening products which patients can use at home without professional supervision, however, their efficacy is questionable.

Material and methods: Teeth whitening was indicated by the dentist for 20 patients. They underwent dental hygiene treatment. 16 anterior teeth colours were measured before and after 20 day teeth whitening – the comparison of the teeth shades was measured manually (using the shade guide *Vitapan Classical*) and using the device *VITA Easyshade Compact*. DMF index and modified QHI and PBI indices were recorded. Adverse reactions and patient satisfaction were researched by survey. The results were statistically processed in software R using parametric paired t-test.

Results: According to the manual measurements, there was a statistically significant lightening of each evaluated tooth. However, the device didn't confirm the change. Tooth sensitivity occurred in 8 patients, gingival irritation occurred in 11 patients and burning tongue sensation occurred in 3 patients. These adverse reactions were more substantial just in 3 patients. The average given mark was 2,43. PBI was statistically significantly lower after teeth whitening i.e. there was an improvement in gingival condition.

Conclusion: Most patients recorded teeth colour changes of one or two shades after the 20 day use of *ENA®WHITE 2.0*. This product is mainly suitable for maintenance therapy after in-office teeth whitening, or for brightening the smile. This product is relatively safe and can be used as a motivation tool for more meticulous dental hygiene in indicated cases.