

INFLUENCE OF VARIOUS LOCALLY PREPARED HYDROGEN PEROXIDE GEL CONCENTRATIONS ON ENAMEL COLOR AND ITS MICROHARDNESS: AN IN VITRO STUDY

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ABSTRACT:

Aim: To evaluate the effect of locally prepared hydrogen peroxide gels with different concentrations (20%, 30% and 35%) on enamel microhardness and on changes in enamel color

Material and method: 3 mm ×2 mm specimens were prepared from the buccal surface of the 50 freshly extracted human incisors tooth using a diamond disc. Specimens were randomly divided into five groups (n=10): group A (20% H₂O₂), group B (30% H₂O₂), group C (35% H₂O₂), group D: control and group E: thickner (gel without peroxide). After polishing, initial values of VHN₀ and color measurement, assessed by microhardness tester machine and spectrophotometer respectively. The gels were applied on the enamel surface for 30 minutes. Immediate values of VHN_i and color reading was taken. The specimen were then stored in artificial saliva for 7 days. After 7 days, new measurements of microhardness and color were made.

Results: Microhardness of surface enamel was not influenced by different gel concentration. Regarding color changes, ΔE data showed that the 35% gel presented a higher color alteration than the 20% gel.

Conclusion: Enamel microhardness was not influenced by different concentrations of hydrogen peroxide gels. All experimental gel preparation produced marked color change. Among those, 35% hydrogen peroxide gel exhibited higher whitening potential than the 20% gel, without intensifying the side effects on the enamel surface.

Keywords: Hydrogen peroxide gel, Microhardness, VHN.



INTRODUCTION:

Dental bleaching is a common procedure in general dentistry, as it is conservative and can lead to satisfactory results for changing dental color.^[1] Desire for attractive smile has stimulated the search for effective treatments in the dentistry.^[2]

The bleaching technique was first described in 1877 but became popular in 1989 with the introduction of the nightguard vital bleaching (NGVB) technique.^[3] Hydrogen peroxide (H₂O₂) is an important agent used in bleaching procedure. H₂O₂ releases free radicals which penetrates into tooth structure

causes oxidation of chromophore molecules, by means of redox reaction.^[4] Oxidative agent converts chromophore molecules into less complex structure, gives brighter appearance to the tooth.^[5]

Dental bleaching procedures can be performed either by dentist in a dental office, or at home by the patient with professional supervision. Both techniques are shown to be effective.^[1] There is inverse relation between the concentrations of hydrogen peroxide in the bleaching gel with the application time needed to achieve satisfactory results. Therefore for faster results, with

fewer applications, higher concentrations of hydrogen peroxide are required.^[6]

Higher concentration of hydrogen peroxide can adversely affect dental tissues when used for dental bleaching procedure. The results are controversial. Alterations in enamel surface morphology,^[7,8,9] as well as significant changes in microhardness values were observed by some authors.^[10,11] Slightly erosion of bleached enamel surface was observed.^[7] Bistey and others showed that significant structural alterations, with loss of phosphate ions, occurred in the enamel surface when greater than 20% concentrations of hydrogen peroxide were used.^[12]

Various bleaching agents are available in market. **In this study, whitening gels used were experimental and manipulated in laboratory, in the department of biochemistry in our institution.** Ingredients used for manipulation of bleaching agent are easily available and economical. Once prepared, bleaching agent is active for 7 days provided that it kept refrigerated.

Hence, the purpose of this in vitro study was to evaluate the effect of locally prepared hydrogen peroxide gels prepared **in our laboratory** in different concentrations (20%, 30% and 35%) on enamel microhardness and changes in enamel color immediately after application and after seven days.

MATERIALS AND METHODS

Sample Preparation:

50 freshly extracted undamaged and intact human incisors were used in this study and stored in normal saline solution until required. Enamel-dentin specimens 3 mm in diameter and 2 mm in height (1 mm of enamel and 1 mm of dentin) were prepared from the buccal surface of the tooth using a diamond disc. Enamel and dentin thickness were standardized, ground flat, and polished with sequential water cooled silicon carbide paper discs. The specimens were immersed in deionized water, placed in an ultrasonic bath for 10 minutes and then stored in distilled water for rehydration.

Specimens were randomly divided into five experimental groups (n=10) according to the concentration of the whitening gel.

Group A: 20% H₂O₂

Group B: 30% H₂O₂

Group C: 35% H₂O₂

Group D: control (distilled water)

Group E: thickener (gel without peroxide)

Color measurement

Prior to each bleaching treatment, the initial color of all specimens was taken. The baseline color coordinates were assessed in standard conditions using a

spectrophotometer (Ocean Optics HR4000). The spectrophotometer (Fig. 1) was adjusted for three consecutive measures, which were later averaged. The results of the color measurement were quantified in terms of the L*, a*, b* coordinate values established by the Commission Internationale de l'Eclairage (CIE) in which the L* axis represents the degree of lightness within a sample and ranges from 0 (black) to 100 (white). The a* plane represents the degree of green/red color, and the b* plane represents the degree of blue/yellow color.

The measurement of color change after the bleaching procedures was made by calculating the variation of L* (ΔL), a* (Δa), and b* (Δb). The total color change (ΔE) was calculated according to the following formula:^[13]

$$\Delta E = (\Delta L^2 + \Delta a^2 + \Delta b^2)^{\frac{1}{2}}$$



Spectrophotometer

Microhardness Measurement: The initial surface microhardness (VHN₀) of all specimens was obtained before the bleaching procedures using a microhardness tester machine (Mitutoyo [HM – 100], Fig. 2) using a Vickers diamond indenter, under 25 g load for 10 seconds. Three hardness values for each specimen were averaged and reported as a single value VHN₀



Microhardness tester machine

Bleaching Procedures

The whitening gels used in this study were experimental and manipulated in our laboratory, resulting from the mixture of 50% hydrogen peroxide solution, alovera gel and glycerin.¹⁴ Ingredients were manually mixed immediately before application in the proportion as shown in table 1

50% H ₂ O ₂	Alovera gel	Glycerin	H ₂ O ₂ gel
8 ml	12 gm	12 ml	20%
12 ml	8 gm	8 ml	30%
14 ml	6 gm	6 ml	35%
-	6 gm	6 ml	Thickener

Table 1

Immediately after mixing, the pH of all gels was calculated using a pH meter. The pH of thickener gel and 20%, 30% and 35% gels was respectively, 6.07, 4.5, 5.5, and 5.3.

A 1 mm layer of whitening gel was applied over the enamel surface of each specimen for 10 minutes and repeated three times, totaling 30 minutes of application. This protocol of application was chosen to simulate the clinical application. An aspiration cannula was used to remove the gel in between each application.

After application, the specimens were washed with deionized water and

submitted to an immediate measurement of microhardness (VHN_i) and color following the same procedure used for initial measurements. The specimens were then stored in artificial saliva with daily changes for 7 days. After the storage period, specimens were tested again to measure microhardness (VHN₇) and color as before.

Statistical analysis

The obtained data was statistically analyzed by using ANOVA using statistical package IBM SPSS-20.

RESULTS:

Microhardness mean values are shown in Table 2. The ANOVA showed no significant difference for all group for the time factor (p>0.05). For the color data (Table 3), the one-way ANOVA test showed significant differences among groups for the values of ΔL, Δb and ΔE (p<0.05).

Group	VHN ₀	VHN _i	VHN ₇
A	327.72(+/-8.61)	329.29(+/-8.72)	326.32(+/-4.90)
B	335.41(+/-13.2)	332.83(+/-10.7)	335.62(+/-13.0)
C	337.72(+/-8.2)	330.49(+/-10.5)	329.96(+/-12.2)
D	332.61(+/-13.4)	332.65(+/-10.0)	335.96(+/-17.5)
E	337.80(+/-11.7)	332.81(+/-13.99)	335.51(+/-10.0)

Table 2

Group	ΔL	Δb	ΔE
A	1.24 (+/-1.07)	2.06 (+/-1.73)	3.23 (+/-1.25)
B	2.19 (+/-0.88)	3.35 (+/-0.81)	4.09(+/-1.00)
C	2.55 (+/-1.17)	3.49(+/-1.28)	4.69 (+/-1.52)
D	0.40(+/-1.96)	0.28 (+/-0.82)	1.09 (+/-0.83)
E	0.54 (+/-2.04)	0.46 (+/-0.81)	1.14 (+/-0.98)

Table 3

DISCUSSION:

Results showed that higher concentration of hydrogen peroxide in the bleaching gel was resulted in better improvement in color of a tooth. The gel concentration did not cause significant changes in the enamel surface microhardness, either immediately after application or after seven days. Among various studies demineralization of enamel have been observed after bleaching procedures [4,7,15] and those structural modifications have been assigned to the gel pH (less than 5.2). [15,16,17] Potential adverse effects on enamel and/or dentin after bleaching do not reflect the bleach itself but they mostly due to the pH of the formulation used. [2] Thus, gels with neutral pH are recommended for tooth bleaching to reduce deleterious effects on tooth enamel. [16]

The pH of gels tested in the present study was between 4.5 and 5.5. It showed insignificant changes for the time in contact with the enamel, as exposure time to peroxide may be

insufficient to promote enough mineral modification which will affect the enamel microhardness. Apart from hydrogen peroxide concentration, structural changes of the enamel surface are time dependent. Bistey and others observed considerable changes at greater than 60 minutes of exposure to peroxide. [12]

The mechanism by which bleaching agents cause this reduction in microhardness is still unknown, but it is postulated that these agent are of acidic nature. In the present study thicker gel without the peroxide (pH 6.07) with the same basic composition was tested so as to verify that the thickener was unable to promote mineral dissolution by itself.

The strength of the carbon bonds present in the chromophore molecules is inversely related to the dental color. Higher the light absorption by complex molecules, the lower is the reflection, giving the sensation of a darker tooth. Dark tooth requires a higher application time of the bleaching gel or a higher concentration of the hydrogen peroxide. [18] Hydrogen peroxide solutions

with higher concentrations have more number of free radicals which increases the whitening potential.^[19] As the hydrogen peroxide which penetrates enamel prisms can remain active for several days until it is completely neutralized,^[20] the color measurement was made after this time period to allow enamel rehydration and attain color stability.^[21] Color differences corroborated by the spectrophotometer might not be clinically relevant. In present study, the use of a spectrophotometer is justified by the improvement in the standardization of shade assessment, allowing accuracy and reproducible results compared with the human eye.^[22, 23, 24]

The adopted classification of ΔE values was determined by the National Bureau of Standards (NBS) that considers: 0.0 to 0.5 values: extremely slight change; 0.5 to 1.5: slight change; 1.5 to 3.0: perceivable change; 3.0 to 6.0: marked change; 6.0 to 12.0: extremely marked change; 12.0 or more: change to another color. In present study calculated ΔE values for group A, B and C were in the range of 3.0 to 6.0, which indicated marked change in color.^[25]

Karpinia KA et al showed that bleached tooth presented a significant decrease of the Δb (reduction in the yellow color) and an increase of ΔL (brightness).^[26] Bleaching gel with 35% hydrogen peroxide showed a better whitening effect compared with 10% carbamide peroxide gel and 20% hydrogen peroxide gel, with same treatment times

respectively.^[27] Based on these findings, it can be suggested that the whitening gels with 35% hydrogen peroxide can be used for patients who desire a faster whitening effect with minor influence on enamel surface properties.

Results obtained in this study were in agreement with Borges AB et al. They evaluated whitening potential of different hydrogen peroxide gel preparation (20%, 25%, 30% and 35%) and their effect on microhardness.^[1] Amaral et al evaluated the calcium and phosphorus concentration in human enamel in vivo and found no differences between in-office (35% and 38%) and home use (10% and 20%) bleaching gels.^[28] Metz et al performed in vivo study on teeth extracted for orthodontic reasons and found no differences in enamel microhardness.^[29]

As this is an in vitro study, it was not possible to predict the adverse effects of high-concentration gels on tooth sensitivity and pulp cells.^[30] also the effect of pulp pressure on interfere in the penetration of the gel in vital teeth was unable to simulate.^[31]

CONCLUSION:

1. Results of prepared experimental bleaching gel were found to be equally effective to that of commercially available bleaching products evident from literature.
2. Enamel microhardness was not influenced by different concentrations of hydrogen peroxide gels.

3. All experimental bleaching gel showed marked color change.
4. The 35% hydrogen peroxide gel exhibited higher whitening potential than the 20% gel, without intensifying the side effects on the enamel surface.
5. Prepared experimental bleaching gel is economical than other commercial available bleaching products.

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