

## PREVENTION AND TREATMENT OF COMPLICATIONS AFTER WHITENING

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**Abstract:** *Changing the color 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. This happens not only because of the differences in the conditions of conducting, but also to a large extent due to the reaction of the human body to certain influences.*

**Key words:** *teeth whitening, hyperesthesia, desensitive preparations, fluoro-holding preparations.*

## TISHLARNI OQARTIRGANDAN KEYINGI ASORATLARNI OLDINI OLIH VA DAVOLASH

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**Annotatsiya:** *Tishlarning rangini o'zgartirish bemorning tanasiga jiddiy yukni o'z ichiga olgan hodisadir. Bu sohada to'plangan katta tajribaga qaramay, hech kim ma'lum bir natijani kafolatlay olmaydi. Bu nafaqat o'tkazish sharoitlaridagi farqlar tufayli, balki inson tanasining ma'lum ta'sirlarga bo'lgan reaksiyasi tufayli ham sodir bo'ladi.*

**Kalit so'zlar:** *tishlarni oqartirish, giperesteziya, desensitiv preparatlar, ftor saqlovchi preparatlar*

**ПРОФИЛАКТИКА И ЛЕЧЕНИЕ ОСЛОЖНЕНИЙ ПОСЛЕ ОТБЕЛИВАНИЯ**

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**Аннотация:** *Изменение цвета зубов – мероприятие, предполагающее серьезную нагрузку на организм пациента. Несмотря на большой опыт, накопленный в этой сфере, никто не может гарантировать определенный результат. Происходит это не только из-за различий в условиях проведения, но и в немалой степени из-за реакции организма человека на те или иные воздействия.*

**Ключевые слова:** *отбеливание зубов, гиперестезия, десенситивные препараты, фторсодержащие препараты.*

Aim of the study: prevention and treatment of complications in whitening of presantal teeth by using hydroxyapatite and fluorine-containing preparations low-intensity laser radiation. step-by-step remineralization therapy with the use of 2-component fluoride (containing fluorides, magnesium salts, copper) and copper-calcium hydroxide paste) and drugs containing hydroxyapatite in combination with laser radiatio.

Materials and methods: . To assess the effectiveness of the use of various methods individually and in combination, a study was conducted on 45 person, divided into 3groups. The studies were carried out on the basis of a survey and objective studies of patients, age ranged from 20 to 35 years. In each group, 15 people were studied for 6 months

In group I, 15 patients led their usual lifestyle, but after whitening brushed their teeth with Aqua-fresh fluoride toothpaste no desensitizers.

Group II included patients who took remineralizing therapy was carried out using a water-based remineralizing paste "GC Tooth Mousse".

In the III group of puerperas, remineralizing therapy was carried out o restore enamel resistance after chemical whitening of teeth, fluoride ions and hydroxyapatite gel were soaked by ultraphonophoresis and step-by-step therapy was performed in conjunction with laser light.[1]

Results. In the treatment of hyperesthesia of hard tissues of the tooth with four different methods, we obtained the following results. When using Aqua-fresh

fluoride toothpaste no desensitizers for 6 months, it significantly reduced tooth sensitivity, which resulted in a decrease in complaints and, in 9 patients (60%), complaints decreased, and in 6 the signs completely disappeared.

Conclusions: Thus, as a result of our study, we found that the treatment of hyperesthesia of hard dental tissues can be treated in different ways and methods separately.

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