

"A COMPARATIVE STUDY ON THE MERITS AND DEMERITS OF COMMON TEETH WHITENING METHODS"

Yusupova Mohinur Oybek qizi

3rd year student of dentistry at

Asia International University

+998940251103

mohinuryusupova115@gmail.com

Abstract: Teeth whitening is considered one of the most popular and widely used aesthetic treatments of modern dentistry. Everyone dreams of having a healthy and beautiful smile, because a smile brightens a person's facial expression and strengthens social ties. The natural color of the teeth often changes under the influence of age, eating habits, as well as lifestyle. These color changes have caused concern for many, and interest in whitening methods has increased. Through the process of teeth whitening, stains, jaundice and other color changes on the tooth surface are eliminated or reduced, which gives an eye-pleasing white result.

Keywords: teeth, dentistry, teeth whitening, treatments, hygiene, spots, healthy lifestyle, pain.

Aesthetically, white teeth are the main reflector of facial expression. As a result of whitening, the color of the teeth will look brighter and clearer, which will help the person feel confident. People are often not ashamed to smile, they behave freely in social situations. This condition has a positive effect on their success in personal and professional life. For example, in job interviews and meeting new people, looking good is important because it improves acceptance by others. For this reason, many people try to enrich their appearance by whitening their teeth. The whitening process is not only of cosmetic importance, but also contributes to the formation of oral hygiene. It can be difficult to clean properly from the surface of coffee, tea, smoking and other coloring substances that appear on the teeth, while whitening can eliminate these stains and increase the smoothness of the tooth surface. As a result, people will pay even more attention to improving their oral hygiene, which will help keep their teeth healthy. Healthy teeth, on the other hand, not only look good, but also promote proper eating, which leads to an improvement in the general state of Health. However, the process of teeth whitening can sometimes lead to weakened tooth enamel. Tooth enamel is the hardest, protective layer of the tooth, it protects against many harmful effects. If tooth enamel is damaged during or after whitening, it can cause sensitivity in the teeth, especially to cold and hot. Such sensitivity is very uncomfortable for people and

reduces the pleasure of eating and drinking in everyday life. In addition, regular exposure to harsh chemicals can damage the health of the teeth and oral mucosa.[1]

While whitening methods carried out by a Professional dentist are safer, home products are also widely used. Along with the fact that they can have lower efficacy, they are also more likely to have negative consequences when used improperly. For example, if a special gel and paste intended for whitening are applied incorrectly many times, microshikastions may occur on the surface of the tooth enamel or damage the tooth coating. In this case, the teeth become more sensitive and weak. Therefore, it is important to seek professional help and advice in bleaching.[2]

The whitening process gives a lasting result, but this result is not eternal. It is common for teeth to return to their natural color, especially if people continue to smoke, drink tea and coffee, or do not follow their own hygiene rules. As a result, whitening is required to be repeated. Repeated whitening, on the other hand, can lead to further weakening of the tooth enamel. Therefore, this problem should be taken into account when planning bleaching and should be prepared for it.[3]

Each person's tooth color is individual, and the whitening effect also varies depending on the individual. In some cases, genetic factors or color changes in the deep layer on the teeth make whitening difficult or the result may not be noticeable at all. In such situations, other methods are used in Aesthetic Dentistry, such as dental laminates or Coronas. In addition, certain medical conditions, such as pregnancy or allergies, can be an obstacle to the whitening process. Therefore, it is always necessary to seek professional advice.[4]

White teeth improve not only appearance, but also the mental state of a person. Smiling with beautiful and white teeth makes a person more confident and socially successful. This helps a person to experience more positive emotions in their daily life. But sometimes excessive strictness in aesthetic requirements, that is, the craving for "perfect white teeth", can become obsessive and lead to psychological stresses. In this case, it is recommended to seek psychological counseling along with aesthetic procedures. The development of technology and science has always improved bleaching methods. Bleaching, carried out using laser technology, gives an effective and quick result. The special gel and materials used by Professional dentists allow you to reduce sensitivity, keep the result longer. Home-based products, on the other hand, are seen as more of an additive. However, it should be used with health advice, since not all products are guaranteed to be safe.[5]

When choosing teeth whitening, personal needs, dental status, budget and health status are taken into account. Excessive whitening or repeated many times can cause the origin of diseases, pain and discomfort. Therefore, all aesthetic procedures for teeth should be carried out under the supervision of a specialist. It is also important to pay special attention to oral hygiene after bleaching, to apply products that are low in

harmful substances. As a result, the process of teeth whitening, along with many useful aspects, also has some negative aspects. When done correctly, it improves a person's appearance, increases personal self-confidence, helps to improve oral hygiene. However, if done incorrectly or repeated excessively, tooth enamel can be damaged and sensitivities can occur. Therefore, whitening should only be performed under the supervision of a qualified dentist and taking into account the individual dental condition. By following this path, it will be possible to achieve a beautiful, bright smile.[6]

Conclusion: In conclusion, the aesthetic benefits of teeth whitening increase people's self-confidence and improve oral hygiene. However, it is also necessary to take into account such disadvantages as sensitivity and weakening of tooth enamel, which occur as a result of the process. It will be the most correct approach to perform this procedure only under the supervision of qualified dentists, in an option suitable for personal need and health status. So, in order to have a beautiful and healthy smile, it is important to prioritize safety, appreciating the positive aspects of whitening. By taking appropriate precautions, it is possible to maintain tooth beauty for a long time and increase confidence in your life.

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