



Saturday, 9th May 12:00 pm-12:45 pm

Bleaching

MATERIALS AND TECHNIQUES FOR TOOTH BLEACHING: A COMPREHENSIVE REVIEW

Tooth bleaching is a widely used aesthetic dental procedure with continuous advancements in materials and clinical techniques. This lecture provides a comprehensive review of contemporary tooth bleaching agents, delivery systems, and protocols used in both in-office and at-home settings. The chemical composition, mechanisms of action, and clinical efficacy of commonly used bleaching materials are critically discussed. Emphasis is placed on recent innovations such as light-activated systems, novel formulations with desensitizing and remineralizing additives, and minimally invasive approaches. Technique selection, indications, limitations, and potential adverse effects, particularly tooth sensitivity and effects on enamel and soft tissues, are evaluated based on current scientific evidence. The lecture aims to support evidence-based decision-making and optimize clinical outcomes in tooth bleaching procedures.

ALLEGRA COMBA



Graduated in Dentistry from the University of Turin in 2010. In 2013 she obtained a II level Master's Degree in Prosthodontics and Implant Prosthetics with Advanced Technologies from the University of Bologna and in 2018 she obtained a Research Doctorate in Biomedical Sciences and Neuromotor Sciences in the same university. In June 2021 she obtained the national scientific qualification (ASN) for second level professor for the sector competition 06/F1 odontostomatological diseases. She currently holds the position of RTD-A at the Department of Surgical Sciences of the University of Turin. Engaged in research in the dental field, she has published articles in Italian and foreign journals in the sector and has presented scientific works at numerous national and international conferences. Active member of the Italian Academy of Conservative and Restorative Dentistry (AIC) since 2017 and fellow of the Academy of Dental Materials since 2023.