



**«ҒЫЛЫМ ЖӘНЕ МЕДИЦИНА: ЖАСТАРДЫҢ ЗАМАНАУИ КӨЗҚАРАСЫ»
АТТЫ СТУДЕНТТЕР МЕН ЖАС ҒАЛЫМДАРДЫҢ IV ХАЛЫҚАРАЛЫҚ
ҒЫЛЫМИ-ТӘЖІРИБЕЛІК КОНФЕРЕНЦИЯСЫНЫҢ ЖИНАҒЫ
Алматы, 20-21 сәуір 2017 жыл**

**СБОРНИК IV МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ
КОНФЕРЕНЦИИ СТУДЕНТОВ И МОЛОДЫХ УЧЕНЫХ «НАУКА И
МЕДИЦИНА: СОВРЕМЕННЫЙ ВЗГЛЯД МОЛОДЕЖИ»,
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**COLLECTION OF ABSTRACTS OF IV INTERNATIONAL
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**ПРОГРАММА
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THE USING OF A LOW-ABRASIVE WHITENING TOOTHPASTE BASED ON PAPAIN AFTER THE TEETH WHITENING

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Aesthetic dentistry is becoming more and more popular every year. Beautiful white teeth are an element of modern culture, a symbol of youth, health, beauty and success. One of the mechanisms for achieving aesthetics in dentistry is tooth whitening [1,3].

Purpose. To study the effectiveness of using a low-abrasive whitening toothpaste on the basis of papain after the whitening.

Materials and methods. The study involved 10 patients in age 20-30 years. Their teeth were whitened by a chemical activation system based on 40% hydrogen peroxide, containing potassium and fluoride ions. After the procedure patients used a low-abrasive whitening toothpaste on the basis of papain.

Results. To assess the effectiveness of the paste based on the state of oral hygiene (Fedorov-Volodkina index), determining the color of teeth on the Vita scale, and also took into account the subjective examination data on the patient's feeling. In 90% of patients 1 month after the whitening there was good oral hygiene and also whiteness of teeth remained. This indicates that the enzyme of plant origin papain gently dissolving plaque provides a mild cleansing effect. In 80% of patients a decrease in tooth sensitivity was noted the day after the whitening which is facilitated by a balanced content of fluoride and potassium in the toothpaste.

Conclusion: After the whitening it is obligatory to prescribe remineralizing therapy, but we should not forget about the selection of toothpaste for daily use [2]. The using a low-abrasive whitening toothpaste on the basis of papain after the whitening provides not only a good cleaning effect, but also positively affects the restoration of enamel and a decrease sensitivity. Thus it is achieved not only aesthetic, but also a high therapeutic-prophylactic effect. However it is perspective to study more distant results.

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О ВОЗМОЖНОСТИ ИСПОЛЬЗОВАНИЯ РАСТИТЕЛЬНЫХ ЭКСТРАКТОВ ДЛЯ ЛЕЧЕНИЯ ВОСПАЛИТЕЛЬНЫХ ЗАБОЛЕВАНИЙ ПАРОДОНТА

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