

Foreword to
Korean Translation of
Complete Dental Bleaching

by Ronald E. Goldstein, DDS

At the onset of this millennium, it is exciting to reflect how dentistry has benefited from an unbelievable amount of successful research and technological advances in the realms of medicine, physics, chemistry, and even psychology. As we begin to conquer prevention of caries and periodontal disease and correction of functional deficiencies, our efforts should continue to shift towards esthetic improvement for the growing number of patients who will seek to improve their self-image.

No subject in dentistry has taken the imagination of the population more than tooth whitening or bleaching of natural teeth. When I first did this over forty years ago, I was amazed at the result that could be achieved. At that time, I designed a homemade photoflood light and utilized it with a 30% peroxide solution. I researched the effect on both extracted and vital teeth. During this work, I was amazed at the immediate effect on yellowed teeth — the yellow came out, and the teeth became whiter. However, it would be almost thirty years before both dentists and patients alike would accept this as standard treatment.

Today because of its convenience, predictability and relative low cost, bleaching of natural teeth should be one of the standard treatment considerations for almost every patient desiring to improve their smile. It has become the most widely requested

treatment of all esthetic procedures. Each patient should have the option of whether they would like lighter teeth.

Before any of the various restorative treatments are attempted – bonding, laminating or crowning -- bleaching one or more teeth in the arch should be performed. In fact, our standard procedure, if we are restoring or changing upper anterior esthetics, is to first bleach the lower ten teeth to improve the shade of the smile -- if the patient desires.

I am extremely proud that this book should be translated into Korean, and especially that Dr. Ko and his associates accomplished this task. They have had excellent training and experience in teaching the subject, and with this text the dentist is provided the scientific and technical know-how to do most every phase of clinical bleaching of teeth. During my visits to Korea, I have seen a multitude of people who could have been helped through tooth bleaching. I believe when the media begins to realize just how much our profession can help improve the smiles and indeed the self-images of its citizens, more and more patients will seek to have their teeth bleached.

So I encourage all dentists to begin to enjoy this exciting new technology and benefit for our patients. I congratulate Dr. Ko on helping to educate both the profession and public.

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