**Table 4:** Bibliographical survey on the influence of contact with food coloring during bleaching.

|  |  |  |  |
| --- | --- | --- | --- |
| **Authors and publication year** | **Dental bleaching** | **Type of coloring** | **Conclusion** |
| **Decker [**[**12**](https://repositorio.ufsc.br/handle/123456789/181312)**]** | Not mentioned by the author. | Tea, coffee, açai extract, grape juice, red wine, coke and melted chocolate. | Recommendation to avoid food coloring in office whitening but not necessary in home whitening. |
| **Cavalcante [**[**5**](https://monografias.ufrn.br/jspui/bitstream/123456789/1461/1/%5B2015%5D%20INFLUENCIA%20DA%20FREQ%C3%9C%C3%8ANCIA%20DE%20INGEST%C3%83O%20DE%20CAF%C3%89%20NA%20COR%20DOS%20DENTES%20DURANTE%20O%20CLAREAMENTO%20COM%20PER%C3%93XIDO%20DE%20HIDROG%C3%8ANIO%20A)**]** | 35% of Hydrogen peroxide. | Coffee | There was interference in the efficacy of the bleaching being dose-dependent. |
| **Rezende, et al. [3]** | 16% of carbamide peroxide. | Coffee, coffee with sugar, black tea, black tea with sugar, grape juice and grape juice with sugar. | Bleaching was effective even with the ingestion of food coloring. |
| **Rezende, Loguercio, Reis [**[**9**](https://www.ncbi.nlm.nih.gov/pubmed/23570297)**]** | 16% of carbamide peroxide. | Coffee | There was no influence on whitening or sensitivity. |
| **Siqueira [**[**10**](https://tede2.uepg.br/jspui/handle/prefix/1787)**]** | 16% of carbamide peroxide. | Coffee | There is no influence in effectiveness, longevity and sensitivity. |
| **Teo, et al. [**[**1**](http://univille.edu.br/community/depto_odontologia/VirtualDisk.html/downloadDirect/195597)**]** | 35% of hydrogen peroxide. | Coffee, tea, wine and cola based soft drinks. | All substances were able to stain the teeth. |
| **Caneppele, et al. [**[**11**](https://periodicos.ufmg.br/index.php/arquivosemodontologia/article/view/3512)**]** | 16% of carbamide peroxide. | Coffee, wine and coke. | There was no influence. |
| **Magalhães [**[**13**](https://repositorio.unesp.br/handle/11449/89619)**]** | 10% of carbamide peroxide. | Açai extract and coffee. | Teeth undergone to bleaching and immediately exposed to these food coloring have a greater potential for staining. |

Authors who are in favor of restriction of coloring food.

Authors who believe there is no need for food restriction.