Supplemental Table 1. The mean microhardness and standard deviations (SD) at different time points (baseline, 14 h, 1 week, 2 weeks, 3 weeks and 4 weeks) for the bleached (HP) and control (DW) groups

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| Groups | DW  Mean (SD) | HP  Mean (SD) |
| baseline | 363.67 (22.41) | 357.83 (13.08) |
| 14 h | 361.50 (23.43) | 343.17 (16.45) b |
| 1 week | 360.50 (25.20) a | 325.17 (17.24) a,b |
| 2 weeks | 358.33 (25.06) a | 319.17 (18.47) a,b |
| 3 weeks | 356.17 (21.33) a,b | 293.67 (36.50) a,b |
| 4 weeks | 350.50 (22.87) a,b | 312.17 (34.80) a,b |

Two-wayrepeated measures ANOVA for comparing the microhardness at different time points (14 h, 1 week, 2 weeks, 3 weeks and 4 weeks) both between the groups and within the groups in comparison to baseline; a indicates a statistically significant difference in microhardness between the groups; b indicates a statistically significant difference in microhardness compared to baseline; DW-distilled water; HP-hydrogen peroxide.