



College of Dental Hygienists of Manitoba's Interpretation Guideline: Vital Tooth Whitening

Purpose

This interpretation guideline is to inform registrants of the College of Dental Hygienists of Manitoba (CDHM) about the current guidelines, regulations and applicable legislation for the procedure of vital tooth whitening.

Background

- Tooth whitening procedures provided by oral health professionals are increasingly requested by clients.
- Current research supports the safety and efficacy of most tooth whitening procedures and identifies risks of adverse effects on oral tissues ^{1-4,5,7,8}.
- In Manitoba, as tooth whitening falls within the scope of practice of the dental hygienist, the Dental Hygienists Act (the "Act") ¹⁵, the Dental Hygienists Regulation (the "Regulation") ¹⁶, the CDHM Standards and Competencies, and the Dental Hygienists Code of Ethics are applicable. Dental hygienists can provide safe and effective tooth whitening to the public.
- Tooth whitening and the use of the associated products are included practices outlined in section 2(2) of the Act, and subject to the settings in which Included Practices may be performed, outlined in section 2(1) of the Regulation which states:
 - Subject to subsections (2) to (6) and to section 3, a dental hygienist may perform an included practice, but only in the following settings:
 - a) In a dentist's office
 - b) In a facility
 - c) as part of an oral health program
 - d) a setting approved by the patient's dentist
- At present, there is not sufficient evidence to support the safety and efficacy of lasers for tooth whitening, therefore laser use in tooth whitening is prohibited ^{2,9}.

Requirements

- It is incumbent on the dental hygienist to determine, as a professional, whether they are adequately educated to incorporate a skill or procedure into their dental hygiene practice and must recognize personal limitations. The dental hygienist is legally, ethically, and professionally accountable for their practice ^{6,13,14}.



- Dental hygienists must be on the Practicing Registry with the CDHM, and identify themselves as a dental hygienist when performing whitening services. The standard of care will be that of a dental hygienist adhering to the CDHM competencies¹³ and practice standards¹⁴.
- Dental hygienists must have appropriate education to perform chair-side and take home whitening procedures. Dental hygienists will practice collaboratively with clients, colleagues, and other health care professionals providing client-centered services that are in agreement with the client's overall oral health treatment plan¹⁴.
- Dental hygienists will use the ADPIE process of care¹⁴, including the most current evidence-based research, abiding by the manufacturer's instructions, educating the patient on risks and benefits of treatment.

Applicable Legislation

College of Dental Hygienists of Manitoba (CDHM) Competencies apply, in particular;

Assessment #13, assess client's ability to make informed choice

Assessment #14, assess oral health history

Assessment #30, assess hard and soft deposits

Assessment #31, assess intraoral hard tissues

Assessment #37, assess risk factors for caries

Assessment #48, assess need for desensitization therapy

Assessment #54, assess the need for consultation

Implementation #51, applies knowledge of whitening techniques and related products^{11,13}

Implementation #52, fabricates whitening trays

Implementation #64, use material and equipment according to manufacturer's instructions^{11,13}

College of Dental Hygienists of Manitoba Practice standards

The Dental Hygienists Act

Included practices 2(2), included practices include but are not limited to (a)-(f)

Representation as a dental hygienist 3(1), 3(2), use of title

Dental Hygienists Regulation

Standards of practice 30(1)

*This interpretation guideline reflects current knowledge and is subject to periodic review and revisions with on-going research.



References

1. Carey C. M. (2014). Tooth whitening: what we now know. *The journal of evidence-based dental practice*, 14 Suppl, 70–76, Retrieved from: <https://doi.org/10.1016/j.jebdp.2014.02.006>
2. De Moor, R. J., Verheyen, J., Verheyen, P., Diachuk, A., Meire, M. A., De Coster, P. J., Keulemans, F. (2015). Laser teeth bleaching: evaluation of eventual side effects on enamel and the pulp and the efficiency in vitro and in vivo. *TheScientificWorldJournal*, 2015, 835405. Retrieved from: <https://doi.org/10.1155/2015/835405>
3. Epple, M., Meyer, F., Enax, J., (2019). A critical review of modern concepts of teeth whitening. *Dent. J.* 2019, 7(3), 79; Retrieved from: <https://doi.org/10.3390/dj7030079>
4. Favaro, J. C., Geha, O., Guiraldo, R. D., Lopes, M. B., Aranha, A., & Berger, S. B. (2019). Evaluation of the effects of whitening mouth rinses combined with conventional tooth bleaching treatments. *Restorative dentistry & endodontics*, 44(1), e6. Retrieved from: <https://doi:10.5395/rde.2019.44.e6rde.2019.44.e6>
5. Fiorillo, L., Laino, L., De Stefano, R., D'Amico, C., Bocchieri, S., Amoroso, G., Cervino, G. (2019). Dental Whitening Gels: Strengths and Weaknesses of an Increasingly Used Method. *Gels (Basel, Switzerland)*, 5(3), 35. Retrieved from: <https://doi.org/10.3390/gels5030035>
6. Gheorghiu, I. M., Perlea, P., Temelcea, A. N., (2019) Ethical issues related to dental bleaching. *Rom J Leg Med* [27] 78-82 2019, Retrieved from: <http://rjlm.ro/system/revista/49/78-82.pdf>, © 2019 Romanian Society of Legal Medicine
7. Lima, S N L, Ribeiro I S, Grisotto M A, Fernandes, E S, Hass V., de Jesus Tavares, R R., Pinto, S C S, Lima, D, M, Loguercio, A D., Bandeca, M C. (2018) Evaluation of several clinical parameters after bleaching with hydrogen peroxide at different concentrations: A randomized clinical trial. *J Dent.* 2018, Jan; 68:91-97, Retrieved from: <https://doi.org/10.1016/j.jdent.2017.11.008>, Epub 2017, Nov 21.
8. Llana, C, Villanueva, A, Mejias, E, Forner, L., (2020) Bleaching efficacy of at home 16% carbamide peroxide. A long - term clinical follow - up study. *J Esthet Restor Dent.* 2020; 32: 12-18, Retrieved from: <https://doi.org/10.1111/jerd.12560>
9. Lopes F.C., Roperto R., Akkus A., Akkus O., Palma-Dibb R.G., de Sousa-Neto M.D. (2018). Effect of laser activated bleaching on the chemical stability and morphology of intracoronal dentin., *Archives of Oral Biology*, 2018, 86, pp. 40-45 Retrieved from: <https://doi.org/10.1016/j.archoralbio.2017.10.023>

10. Government of Canada (2019), <https://www.canada.ca/en/health-canada/services/consumer-product-safety/cosmetics/cosmetic-ingredient-hotlist-prohibited-restricted-ingredients/hotlist.html>, 2019, Dec 3
11. Federal Food and Drugs Act <https://laws-lois.justice.gc.ca/eng/acts/f-27/>
12. Federal Cosmetic Regulations https://laws-lois.justice.gc.ca/eng/regulations/C.R.C.,_c._869/
13. College of Dental Hygienists of Manitoba Competencies (2007)
14. College of Dental Hygienists of Manitoba Practice Standards (2007)
15. The Dental Hygienists Act (2008)
16. Dental Hygienists Regulations (2008)