



COLLEGE OF  
DENTAL HYGIENISTS  
OF MANITOBA

# INTERPRETATION GUIDELINE: Vital Tooth Whitening

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The College of Dental Hygienists of Manitoba, Professional Practice Committee is responsible for developing professional resource documents for dental hygienists. Council approves these documents, of which, the purpose is to explain, enhance, add, or guide dental hygiene practice in accordance with The Dental Hygienists Act and Regulations. It is the responsibility of the dental hygienist to understand and comply with these documents.

## 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

- Dental hygienists are educated to perform therapeutic stain removal, including vital tooth whitening and the manufacturing and placement of bleaching trays.
- The use of lasers is **not** permitted for tooth whitening procedures. In Manitoba lasers are not included in the dental hygiene scope of practice.
- In Manitoba all dental hygiene scope of practice procedures undertaken by a dental hygienist must adhere to dental hygiene legislation, including Practice Standards, Practice Competencies, and all other guiding documents published by the CDHM.

### Requirements

- Dental hygienists determine, as professionals, whether they are adequately educated to incorporate a skill or procedure into their dental hygiene practice.
- Dental hygienists are legally, ethically, and professionally accountable for their practice.
- Dental hygienists must be on the Practicing Register with the CDHM and identify themselves as a dental hygienist when performing vital tooth whitening services.
- Dental hygienists practice collaboratively with clients, colleagues, and other health care professionals providing client-centered services that agree with the client's overall oral health treatment plan.
- Dental hygienists use the ADPIE process of care, including the most current evidence-based research, abiding by the manufacturer's instructions, and educating the patient on risks and benefits of treatment.

## **Applicable Legislation**

### College of Dental Hygienists of Manitoba (CDHM) Practice Competencies

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

Implementation #52, fabricates whitening trays

Implementation #64, use material and equipment according to manufacturer's instructions

### College of Dental Hygienists of Manitoba (CDHM) Practice Standards

\*This Interpretation Guideline reflects current knowledge and is subject to periodic review and revision according to on-going research.

## References

1. Dental Hygienists Act. (2005). Available from: <https://web2.gov.mb.ca/bills/38-4/b005e.php>
2. Dental Hygienists' Regulation. (2008). The Dental Hygienists Act C.C.S.M. c. D34. 80/2008 9(1)(g). Available from: [https://web2.gov.mb.ca/laws/regs/current/\\_pdf-regs.php?reg=80/2008](https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=80/2008)
3. College of Dental Hygienists of Manitoba (2007). Dental Hygiene Practice Competencies. [online]. Available from: <https://cdhm.info/?ddownload=822>
4. College of Dental Hygienists of Manitoba (2007). Dental Hygiene Practice Standards. [online]. Available from: <https://cdhm.info/?ddownload=959>
5. 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>