



COLLEGE OF
DENTAL HYGIENISTS
OF MANITOBA

INTERPRETATION GUIDELINE: Vital Tooth Whitening

September 2023

The College of Dental Hygienists of Manitoba is responsible for developing professional resource documents for dental hygienists and in serving the public interest. 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 Regulation. 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 and applicable legislation for performing 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 the Dental Hygienists Act, Regulation, Practice Standards, Code of Ethics, 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 APIE 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.

*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. Available from: 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 Standards.