**Programma Whitening Congress**

08:30 Ontvangst & registratie

09:30 Opening by Joost Roeters

All over the world whitening treatments are offered. Consumers are interested in whiter teeth, inspired by fashion icons.  In some countries special clinics perform the whitening treatments with high percentages of hydrogen peroxide. In Europe there is a regulation that only dentist can offer whitening treatments. Some dentist do have concerns, others are confident that what they offer is contributing to the wellbeing of their patients. Dentist are searching for evidence based information to judge for themselves if whitening is not frightening. What is working well? What to take care about?

We bring  together experts from all over the world so you will be able to get an update on all aspects of the tooth whitening. They will share their experience and research. The state of the art know how of these experts will help you to judge if whitening shouldn’t be frightening is a fair claim!

09:40 1. Linda Greenwall

#### ****HOW WHITE IS WHITE ENOUGH – “BLEACHOREXIA”****

The lecture will cover Tooth Whitening techniques and the concept of why tooth whitening is the practice of dentistry and not for whitening kiosks. New patient evaluation for Bleaching will be discussed.  The lecture will describe the management of Bleaching related sensitivity and further associated problems which may arise.  The question of how white is white enough will be discussed as well as issues related to “bleachorexia”.

10:30 2. Katerina Papathanasiou

**AT-HOME VERSUS IN-OFFICE WHITENING – WHICH CONCENTRATION?**

Whitening is considered the most conservative treatment for discolored teeth when compared with resin bonded composites, porcelain veneers, or crowns. It offers a simple and economical approach to changing the color of teeth. Indications, contraindications as well as limitations and safety issues of tooth whitening treatment are discussed in details. The dentist has to consider the choice for in-office and/or at-home depending on the patient and available products. The advantages and disadvantages of the available in-office and at-home treatments systems are discussed.

11:20 Pauze

11:40 3. Sevil Gurgan

#### ****WHAT EFFECT CAN WE EXPECT – RESTORATIONS / PROSTHETICS****

Sevil Gurgan is known for many publications of clinical evaluations in which different whitening systems and techniques are compared for efficacy, side effects and patients’ perceptions. By a thorough way of standardization in the evaluations results can be used to understand and predict the differences in products and procedures.

12.30 Lunch

13:30 4. Roeland De Moor

#### ****FROM STANDARD LIGHT ACTIVATION TO LASER WHITENING****

The influence of light and energy sources on the effectiveness of hydrogen peroxide gels have been studied and published. Heat will increase the decomposition of peroxide resulting in faster whitening while visible light will not show any contribution. The differences between these energy sources and laser energy are clarified and  advantages, disadvantages and risks of both are explained.

14:20 5. Giacomo Derchi

#### ****CONDITIONERS AFTER WHITENING TREATMENTS****

Dentin Hypersensitivity is the most commonly side effect after tooth whitening. To overcome this the manufacturers of whitening products have improved the compositions of the available products. Besides, conditioning toothpastes and gels with high fluoride content are developed as post-treatment. Latest development is a new effective gel with hydroxyapatite showing significantly reduction of dentin hypersensitivity.

15.10 Pauze

15:30 6. Nils van Calcar

#### ****CONSIDERATIONS FOR YOUR TREATMENT PLAN****

Dental whitening cannot be ignored in the dentistry of today. Dentist are expected to be specialist in every field of the dentistry although the subject of whitening is not standard in the educational curriculum nor is post-training sufficiently available. Nils will guide us through the possibilities in order to support the dentist in their considerations for whitening treatments.

16:20 Discussie – Joost Roeters

16:45 Borrel

18:00 Einde