

30<sup>th</sup> Annual Conference on

# DENTAL PRACTICE AND ORAL HEALTH

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## *Kholoud Y AlAhdal*

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### Dental bleaching

Now we are at the time that personal appearance is important in our life style, teeth whitening or bleaching is the most popular esthetic dental treatment that enhances the appearance. People frequently ask dental professionals questions about dental bleaching and its efficacy and biological safety. The lecture will answer many questions that every general dental practitioner wants to know to answer patients and to have optimum results. The presentation will cover types and natures of teeth stains, the importance of case evaluation and selection before starting dental bleaching. It will cover briefly types and materials of dental bleaching, then short discussion for the indications and contraindications of dental bleaching. Some important tips during bleaching will be covered and finally focuses on safety factors.

### Biography

Kholoud Y AlAhdal has completed her Saudi Board in Restorative Dentistry in 2006, certified from Saudi Commission of Health Specialties as a Consultant in 2009. She is the Program Director of Saudi Board in Advance Restorative Dentistry in Security Forces Hospital, Riyadh, KSA and is a Member in the Local and Scientific Committee of Restorative Dentistry in the Saudi Commission of Health Specialties.

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