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Teeth whitening: A minimally invasive technique?

Ever since the ancient times, mankind has been questing after beauty through the perfection of every detail. Nowadays Esthetics through minimally invasive techniques is the aim of every patient and practitioner. Whitening, one of these MITs, is widely used in and out dental clinics, with and without medical surveillance. In this lecture, all side effects, risks and limitations of external and internal whitening on different levels are exposed and detailed: Gastric and respiratory mucosa, temporomandibular joint, soft and hard tissues, oral hydration, dental restorations and dental hypersensitivity. Finally, recommendations concerning preventive and curative treatments and possible limitations to whitening techniques are presented in order to keep this procedure a safe and minimally invasive technique.

Biography

Professor Carina Mehanna Zogheib graduated as a DDS from Saint Joseph University in Beirut, Lebanon. She obtained a specialty degree in Operative Dentistry and a PhD degree. She is former head of department and currently director of Esthetic and Restorative Dentistry Postgraduate Program at the Saint Joseph University and President of the Continuing Education Committee in the Lebanese Dental Association. She is a researcher, is involved in the undergraduate and postgraduate student programs. She has extensive experience in organizing training programs. She is an examiner for the Lebanese Ministry of Education, an OPL for many dental societies and gives lectures locally and abroad. She has national and international publications and is a reviewer and an editorial board member of dental journals.

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