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Tooth whitening: indications and outcomes of nightguard vital bleaching

V. B. Haywood
UK: Quintessence
price £58.00; pp 152
ISBN 9780867154504

This latest offering from the Quintessence stable does exactly what it says on the tin – it provides details of those patients who would benefit from tooth bleaching with 10% carbamide peroxide and then provides, as one would expect from this publisher, numerous examples in the form of clinical photographs of the expected outcomes. The book is split into six chapters with the first covering the initial treatment planning and diagnostic stages and then the remaining sections giving details on typical tooth discolorations, partial tooth discolorations, tetracycline stained teeth, vital or non-vital single tooth treatments; and the final section covers the use of bleaching with accompanying restorative treatment.

The author clearly is using an evidence-based approach to practice and provides sound reasons for the use of 10% CP bleaching in almost every case. This treatment methodology has been shown to provide the best outcomes with minimal side effects in numerous studies. Some of the most severely stained patients have undergone nightguard bleaching for eight months and the results are impressive.

The text is not a detailed manual of the technique, and arguably this has been well covered elsewhere, and perhaps it may best be described as a colour atlas of whitening outcomes. The inclusion of a bleaching analysis pro-forma at the end of the text is a helpful way in which treatment planning can be undertaken.

This text would be of interest to any practitioner undertaking bleaching on

a regular basis as it is likely that one can identify a patient within the book that would reflect the clinical situation of any individual requesting treatment and the likely outcome demonstrated to them. This process could form an important part of the informed consent process as the degree of whitening expected can be explained and discussed in advance of the treatment taking place.

A cautionary note must always be struck when discussing tooth bleaching in the UK. The author is a professor from the US and there is no discussion of the legal ramifications of undertaking these treatments within the UK and therefore practitioners considering undertaking such procedures should follow the advice of their defence organisation.

Overall this is a sound textbook that, within its limited remit, delivers exceptionally high quality clinical images and a sound, evidence based approach to the treatment of discoloured teeth.

I. A. Pretty

Atlas of laser applications in dentistry

D. J. Coluzzi, R. A. Convisar
UK: Quintessence
price £81.00; pp 230
ISBN 9780867154764

Suddenly, after what seems a long while for those with memories of the American Dental Laser, dental lasers seem to be making a 'comeback'. We have recently read the excellent series by Steven Parker published serially in the *BDJ*, and now comes *Atlas of laser applications*.

Of course lasers never really went away for those in the know, but what has clearly been happening in the interim is that both a great deal of necessary supporting research has been ongoing and also that with greatly improved knowledge and understanding of the characteristics and appropriate

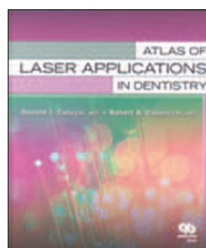
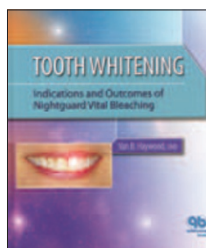
parameters for laser use, clinicians have been applying lasers to a wide range of useful clinical tasks.

The presentation is clear and the numerous illustrations are excellent. The book illustrates more than 100 clinical applications and, in most cases, suggests an appropriate laser and recommends settings. Chapter 1 is a short overview of the history and physics of lasers. Considering its brevity it is adequate but is likely to leave a complete novice slightly confused at times. It is a pity that even authors of this calibre do not more carefully distinguish between power and energy and are not more consistent in their use of the terms. Chapter 2 seeks to explain which lasers are appropriate for what and to justify their uses.

The remainder of the book is divided into chapters by clinical discipline; so for example, Chapter 3 'Periodontal Laser Therapy' illustrates frenectomy, gingivectomy, gingival grafting and regenerative surgery. Each case commonly has 'before', 'during', and 'after' illustrations and suggests appropriate laser modalities and detailed parameters. The provision of these details is probably the most useful element of the book, especially for a novice who wants some recommended safe settings to use. It's unfortunate, therefore, that in one chapter only, Chapter 5, which deals with operative dentistry, no such settings are given. The use of erbium lasers is recommended and illustrations of all the Black's classes of cavity are given but no mention is made of the markedly reduced ablation rate found with these lasers when compared with an air turbine.

It is clear lasers are coming of age. One would still need to purchase at least four different lasers to carry out all the procedures in this book but it will be an eye-opener to many, of just how far dental lasers have advanced and how useful they could be on a day-to-day basis.

C. E. Mercer



Special care dentistry

J. Fiske, C. Dickinson, C. Boyle, S. Rafique, M. Burke
UK: Quintessence
price £28.00; pp 158
ISBN 9781850971344

Special care dentistry is the latest publication in the Clinical Practice series of Quintessentials for General Dental Practitioners, edited by Nairn Wilson. The authors are highly experienced clinicians, teachers and researchers in special care dentistry at King's College London Dental Institute (Guy's Campus).

In its 145 pages and 12 chapters, this pocket sized hardback covers a wide range of topics within special care dentistry, with emphasis on practical patient management. The chapters are clearly and consistently formatted, allowing the reader to quickly identify the chapter aim, its conclusion and appropriate further reading materials. The writing style and relevant, high quality illustrations enable the reader to read the book as a whole or use it as a reference text when presented with particular clinical scenarios.

True to their aim of informing the mainstream primary dental team, the authors have not attempted to include every aspect of the practice of special care dentistry at a specialist level. Instead, they have succeeded in covering prevalent types of disability including physical, sensory and learning

disabilities and mental ill health, focusing on holistic management by including discussion of themes such as consent, communication and manual handling.

In the four chapters devoted to management of medically compromised patients the authors have chosen to concentrate on four specific patient groups, namely patients requiring antibiotic cover, those with bleeding disorders, immunocompromised patients and those having radiotherapy. The information provided reflects both current guidance and evidence base where available.

The remaining informative chapters on management of gag reflexes, non-invasive operative procedures and sedation and general anaesthesia are relevant to the practice of special care dentistry and reflect the clinical interests of specific authors.

As is the aim of this excellent series, this is a good entry level text. It will therefore be of value to undergraduates, the primary care practitioner who does not routinely treat special care patients and clinicians who are about to increase their commitment to this diverse group of patients.

In the current climate where the speciality of special care dentistry is developing across many continents, it is both encouraging and refreshing to see a high quality text which is accessible to the generalist.

A. Macpherson