BOOK REVIEW

TOOTH WHITENING TECHNIQUES,
SECOND EDITION

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Tooth whitening techniques, second edition provides an up-to-date resource on tooth whitening techniques for different clinical presentations, following on from the first edition in 2001. There is a range of contributing international authors from private practice, speciality backgrounds and clinical research. This book is intended for the entire dental team and includes a chapter directed towards dental technicians. It provides the dental team with a deeper and broader understanding of tooth whitening.

The book begins with scientific chapters discussing the aetiology of tooth discolouration, tooth whitening materials and the mode of action of these materials. It then shifts to more clinical-focused chapters which describe each type of tooth whitening in turn, eg home whitening, 'in-office' bleaching and intracoronal bleaching of non-vital teeth. Next follows discussion of presentations such as molar incisor hypoplasia and tetracycline discolouration and the various ways to combat the challenges of aesthetically managing

these conditions. Other chapters include: the effects of whitening on restorative materials; safety considerations; and whitening for patients younger than 18. This structure is effective as it gives the reader the essential theoretical knowledge which can then be applied to the different clinical techniques and their effects on tooth tissue.

This book is an excellent learning resource on tooth whitening. Each chapter goes into immense detail yet provides a number of succinct and helpful summary tables along with step-by-step guides on the different whitening techniques. This allows the reader to choose the depth at which they wish to take their knowledge. One of the main advantages of this book is the impressive degree of evidence-based material. There is a wide selection of publications quoted throughout the text, including systematic reviews, which gives the reader confidence that they are being equipped with the most up-to-date evidence base which they can take forward to clinical practice.

There is an impressive array of clinical cases and photographs at the end of each chapter, however, they are referenced in the body of the preceding text which means turning back and forth to relate the two.

In summary, this book provides an effective balance of scientific knowledge, examples of clinical cases and discussion of the literature. It achieves the aim of being a helpful resource for the entire dental team, with the primary focus being delivering the best standard of evidence-based care to patients.

Maria Taheny