

## **BLEACHING COURSE REQUIREMENTS FOR DENTAL HYGIENISTS IN WEST VIRGINIA**

- A. After satisfying the Board's requirements to apply bleaching agents, a dental hygienist may apply bleaching agents under the direct supervision of a dentist and after delegated to do so.
- B. Bleaching techniques will include the chair-side light activated system. This is not to be mistaken for laser bleaching or non-vital tooth whitening. The West Virginia Law currently permits dental hygienists to provide all aspects of take-home bleaching.

### **Competence to apply bleaching agents must be demonstrated by successfully completing a course consisting of at least:**

- 1) 4 hours of didactic instruction which includes a video or demonstration of bleaching techniques and isolation
- 2) The course content must include, but not be limited to:
  - 1. Indications and contraindications for applying bleaching agents
  - 2. Types of bleaching agents and how they work
  - 3. Types of light-activated systems available
  - 4. Safety Precautions
  - 5. Isolation Techniques, rubber dam or other
  - 6. Proper handling and application of bleaching agents
  - 7. Re-treatment options
  - 8. Proper use of light, including eye protection for Operator and Patient
  - 9. Advantages and disadvantages of a light-activated system
  - 10. Post Whitening care instructions
  - 11. Documentation of bleaching procedure and shade selection
  - 12. Side Effects of bleaching agents and improper technique
  - 13. Evaluation of Results
- 3) Upon completion of the course, the applicant must pass a written examination with a minimum score of seventy-five (75%).

After successful completion of the Board Approved Course and written examination the applicant will receive a certificate from the Board allowing a licensed dental hygienist to apply bleaching agents and operate a light activated whitening system.