



# Laser-Assisted Bleaching Course Summary



**Dr. Marina Polonsky**  
DDS, MSc in Lasers in Dentistry

The only **WCLI**  
(World Clinical Laser and Imaging)  
Institute certified trainer in Eastern Ontario

Dr. Marina Polonsky graduated from the University of Toronto, Canada in 1999, with the Dean's Gold Medal of Achievement. She maintains a private general practice in Ottawa, Canada, with focus on multi-disciplinary treatment utilizing lasers of different wavelengths. She is the owner of the Alta Vista Laser Dental Centre since 2006. Dr. Polonsky holds a Mastership with WCLI (World Clinical Laser and Imaging) Institute since 2012, Master of Science in Lasers in Dentistry degree from RWTH University in Aachen, Germany since 2016. She is a founder of the Canadian Dental Laser Institute (CDLI), an organization dedicated to providing quality continuing education in Laser Dentistry in Canada. CDLI is now the only ALD (Academy of Laser Dentistry) affiliated international study club in Canada.

Dr. Polonsky serves on editorial boards for JLAD (Journal of Laser Assisted Dentistry) and LIDS (Lasers in Dental Science) by Springer. In 2017, she has agreed to take on a role of the Editor of Laser Dentistry edition of the Oral Health Journal.

DATE: March 22, 2018  
November 1, 2018

LOCATION:  
1207 Evans Blvd. Ottawa ON K1H 7T6

TIME: 5:30 PM

LECTURE OR PARTICIPATION:  
6:00 PM - 9:00 PM  
3CE Hours

COST:  
DDS \$ 499+ HST  
RDH \$ 299+ HST  
RDA \$ 199+ HST

CONTACT PERSON:  
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REFUND & CANCELLATION POLICIES:  
30 DAYS

## Who should attend

This course is beneficial to all members of the dental team: from the dentist to treatment coordinators who discuss available options for tooth whitening, and the hygienists who perform the procedure.

## Course Overview

This half-day course will provide a complete overview of all aspects of bleaching including, but not limited to, the mechanisms of action of different bleaching gels from the various available professional strength preparations, for both at-home and in-office use. The participants will gain insight into the different light sources, including LED's, plasma arch and metal halide lamps and lasers of different wavelengths, and how they can improve the outcomes of bleaching treatments.

Treatment protocols will be illustrated using photos and videos. Patient selection, possible complications, as well as indications and contraindications will be explained. A review of the relevant scientific literature will allow for an evidence-based comparison of the effectiveness of various wavelengths, as an adjunctive aid to the more conventional in-office bleaching techniques.

Emerging worldwide trends, with respect to available hydrogen peroxide concentrations and new experimental laser wavelengths, will be touched upon, as we attempt to look forward into the future of dental bleaching.

## Course Objectives

- An understanding of how dental bleaching works
- Treatment planning of the procedure with the patient; what type of bleaching is best
- Informed consent
- Learn about various bleaching gels and light activated systems
- A comparison of the effectiveness of the different available light sources for power bleaching
- Review of possible side-effects of bleaching procedures
- Indications and contraindications for laser bleaching



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