

HANDS-ON TRAINING

7CE Credits

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Black & white rules:
How to become a pro in all dental whitening procedures

DATE:
12 Nov 2026
09:00 - 18:00

LOCATION:
Dubai | UAE

TARGET AUDIENCE:
General Dentistry, Cosmetic Dentistry, Restorative Dentistry

Abstract

Dental discoloration represents a frequent and multifactorial challenge in aesthetic dentistry, involving both vital and non-vital teeth and often associated with enamel developmental defects. A comprehensive understanding of etiology, diagnosis, and timing of discolorations is essential to achieve predictable and biologically sound aesthetic outcomes. This full-day course provides an updated and structured overview of dental discolorations, from contemporary classification systems to the biological mechanisms responsible for color alterations in dental tissues. Diagnostic principles are emphasized as the foundation for successful bleaching and restorative decision-making.Current bleaching protocols for vital and non-vital teeth are discussed, including home and in-office approaches, management of hypersensitivity, and prevention of common complications. The course further explores the integration of bleaching procedures with direct and indirect adhesive restorations, focusing on material selection, adhesion timing, and optical considerations. Special attention is dedicated to non-bleachable cases and minimally invasive management of enamel developmental defects, including fluorosis, MIH, and traumatic lesions. Through a biologically driven and clinically oriented approach, participants will gain practical strategies to control complex discoloration scenarios while preserving dental tissues and long-term aesthetics.

Learning Objectives

- Discuss the contemporary classification of dental discolorations and their clinical relevance in aesthetic dentistry.
- Explain the biological and temporal differences between discolorations in vital and non-vital teeth.
- Explain the rationale behind the selection of bleaching protocols and products for different clinical scenarios.
- Demonstrate clinical strategies to integrate bleaching procedures with direct and indirect adhesive restorations.
- Demonstrate minimally invasive approaches for the management of enamel developmental defects and non-bleachable cases.

REGISTRATION & PRICING

Agenda

09:00 – 10:15	• Dental Discolorations: Aetiology and diagnosis • Updated classification of dental discolorations • Why and how vital and non-vital teeth become discolored • Timing of discolorations and prevention strategies • Diagnosis as the key factor before bleaching procedures
10:15 – 10:45	Coffee Break
10:45 – 11:30	• Dental bleaching protocols – Vital teeth • Whitening vs bleaching • Home and in-office bleaching protocols • Power bleaching: Indications and limitations • Hypersensitivity prevention and management
11:30 – 12:30	• Dental bleaching protocols – Non-vital teeth • Treatment of non-vital discolored teeth • Common complications: Root resorption and other risks • Products and clinical strategies to optimize outcomes
12:30 – 13:30	Lunch
13:30 – 15:00	• Bleaching and adhesive restorations • Adhesion timing and protocols after bleaching • Direct restorations: Composite selection and techniques • Indirect restorations following bleaching procedures: The “Unbleachables”: Prosthetic and material-based solutions • Masking ability of metal-free materials • Minimally invasive treatment of enamel developmental defects (EDD): fluorosis, MIH, caries-related and traumatic defects • Management of white and brown spots • Microabrasion, macroabrasion, and resin infiltration techniques • Direct restorative combinations for advanced EDD cases
15:00 – 17:30	Hands On: Home bleaching trays fabrication according to B&W technique

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