

# CED STATEMENT

## WHITENING LAMPS

May 2015

## INTRODUCTION

The Council of European Dentists (CED)<sup>1</sup> aims to promote high standards on oral healthcare and dentistry with effective patient-safety centred professional practice, and to contribute to safeguarding the protection of public health.

## BACKGROUND INFORMATION

The increase use of whitening lamps is becoming a growing concern by the dental profession. It is believed that different light sources are beneficial for the whitening process. There is however no real evidence that this is indeed the case [9] [11] [12] [13] [14] [15]. With this statement the CED wishes to address the risks associated to the use of whitening lamps, taking an evidence-based position regarding its use.

## STATEMENT

The CED firmly discourages the use of whitening lamps since current scientific literature do not support the use of lights (please see relevant literature in Annex I). Whitening lamps do not have a real effect on bleaching and may cause many adverse effects [1].

For this reason, the Council of European dentists advise the following:

- **to the general public** - lights have no proven benefit but may heat up the teeth [4], resulting in many adverse effects [2] [3]. In particular, the heat emitted temporarily dehydrates the teeth, giving the "illusion" of bleaching which quickly disappears [5] [6] [7]. Furthermore, there is a significant risk of burning the gingivae (gums) and overheating the teeth causing potential pulp (nerve) damage.
- **to the profession** - current scientific literature does not support the use of lights. Since identical results can be obtained with less aggressive techniques [9], and taking into account the "*primum non nocere*" principle, dentists are advised to abstain from their use [10].

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**Unanimously adopted by the CED General Meeting on 29 May 2015**

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<sup>1</sup> The CED is a European not-for-profit association representing over 340,000 dental practitioners across Europe through 32 national dental associations and chambers in 30 European countries. Established in 1961 to advise the European Commission on matters relating to the dental profession. **The CED is registered in the Transparency Register with the ID number 4885579968-84.**

## Annex I

### References:

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