

LIGHTING THE WAY WITH GBT

Andreas Schulz explains why Guided Biofilm Therapy is taking Australia and the world by storm.



Andreas Schulz is the General Manager of EMS in Australia and New Zealand.

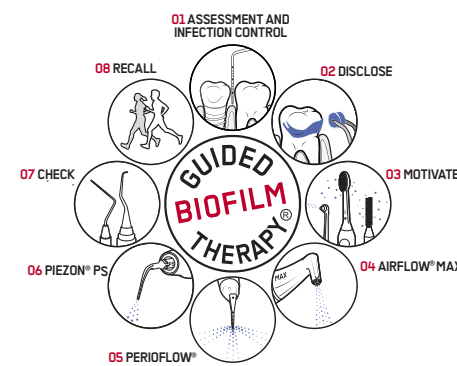


Caries and periodontitis are among the most common diseases worldwide. Both are biofilm-induced diseases of hard and/or soft oral tissues. The top priority of oral medicine is to keep a patient's natural teeth and periodontium healthy, functional, and pain-free throughout that patient's lifetime. This is EMS' mission and the goal of GBT.

Just like other technological advances in dentistry, i.e. digital radiographs and scanning devices to replace alginate impressions, with the development of GBT, EMS has sustainably changed and shaped the approach to dental care. Essentially, Guided Biofilm Therapy (GBT) involves an eight-step process, capitalizing on the concept that pathogenic biofilm drives oral disease and thus should be removed by clinicians in the least abrasive, most efficient and most comfortable method achievable. GBT involves removal of biofilm from surfaces above and below the gumline prior to the removal of calcified deposits using PIEZON[®] No Pain technology with the use of state-of-the-art AIRFLOW[®] and PERIOFLOW[®] technologies.

GBT consists of treatment protocols based on individual patient diagnosis and risk assessment in order to achieve optimal results. The eight-step process includes oral hygiene instruction, patient education and motivation to maintain natural teeth and dental implants for as long as possible. All these steps are evidence-based which is of course imperative for the clinician to feel confident to incorporate GBT into their everyday practice.

The GBT process turns the traditional appointment set-up on its head



GBT can be used on both new and maintenance patients. It is universally suitable for healthy patients (prevention) and diseased patients (initial and maintenance therapy for caries, gingivitis, periodontitis, peri-implantitis).

MAXIMUM PERFORMANCE

Did you know that fear of the dentist is a serious psychological problem for many

Australians? High dental fear affects about one in seven Australian adults and one in ten children making it one of the most prevalent anxiety disorders in the country.

This is obviously a significant problem for dental professionals working hard to improve the oral health of the nation since many Australians avoid appointments as a result of fear of pain or worry that an injection might be required. However, user-friendly GBT treatment in the hands of Dental clinicians trained by our GBT Clinical Experts, who communicate with their patients effectively about the GBT 'no pain' wellness-like technology, can help even the most anxious patients to overcome their fears. In fact, GBT is great for all patients, including children.

As clinicians, we should prevent scratching surfaces or creating mineral loss while removing biofilm, both of which could ultimately leave the surfaces with more plaque and/or stain-retentive. Flemmig et al. reminded clinicians in a 2007 study that "abrasion on tooth surfaces might become substantial over time, when the cumulative effects of repeated instrumentation during

SPT [supportive periodontal therapy] are considered."

The GBT protocol uses AIRFLOW[®] with PLUS Powder based on erythritol, an extra-fine minimally invasive grain of only 14 microns which does not leave any scratches or create mineral loss. This minimal invasiveness makes the powder ideal for use on all types of dental tissues: dentine, cementum, enamel, on the tongue and in pockets, disrupting and killing biofilm and removing stain using warm water with the GBT enabler, the AIRFLOW[®] Prophylaxis Master. It can be used on composites and implants, too. Which is why Prof Axel Spahr, Prof Ian Meyers and Dr Derek Mahony are big fans of GBT for restorative, periodontics, implant dentistry, pediatric dentistry and orthodontics.



PRIME TIME

Another benefit of biofilm management via GBT is efficiency. Since clinicians remove biofilm from surfaces early on in the appointment, the need for overlapping, repetitive strokes using power or hand instrumentation is substantially reduced or not needed at all depending on the patient's recall. This means more time can be dedicated to building that all-important rapport with patients, as well as oral health instructions, education and additional services. The patient experiences less mechanical instrumentation with GBT, yet enjoys the optimal outcome of smooth, clean surfaces.

The GBT process turns the traditional appointment set-up on its head, disclosing the patient's biofilm very early on, discussing what that means and how effective oral healthcare at home can minimise or eliminate it, before any treatment is even carried out.

GBT is eight simple, pain-free steps

GBT is a fast, efficient and comfortable way for dental professionals to work and can be divided into eight simple steps:

- 1 Assess – probe and screen every clinical case
- 2 Disclose – make biofilm visible with the EMS Biofilm Discloser, determine and record the plaque index
- 3 Motivate – inform, instruct and motivate the patient to perform oral hygiene at home and make dietary changes
- 4 AIRFLOW[®] - remove biofilm, stains and early calculus with the AIRFLOW[®] MAX Handpiece and PLUS Powder supragingivally and up to 4mm subgingivally
- 5 PERIOFLOW[®] - remove biofilm in >4 to 9mm subgingivally
- 6 'No pain' PIEZON[®] - remove remaining calculus supra and subgingivally
- 7 Check – check the quality of the treatment
- 8 Recall – make an individualised risk-oriented recall appointment



WHAT'S NEW AT EMS?

Introducing the AIRFLOW[®] MAX Handpiece

This year, EMS continued to improve on patient and practitioner comfort with the introduction of the AIRFLOW[®] MAX, a lighter, quieter, and ergonomically optimised handpiece that uses patented GUIDED LAMINAR AIRFLOW[®] technology to ensure a laminar air-powder-water flow. This represents a quantum leap by enhancing the control of aerosols and reducing them by 60% and reducing powder consumption.

Offering valuable insight into how this works in practice, Tabitha Acret, award-winning hygienist and EMS Education Manager who uses GBT in practice, said: 'I disclose after performing a periodontal assessment and recording BPE and bleeding scores. The disclosing process allows the patient to see the plaque that will cause caries and gum disease if left untreated. Patients no longer focus on what they thought they were coming in for, now they're focused on the biofilm and the importance of its removal'.

She added: 'Doing GBT allows me to implement behaviour changes to carry out treatment in a way that will help my patients achieve and maintain a better level of oral health. We should be helping patients to be more aware of how the health of their mouth relates to the rest of their body. And that cleaning teeth is more than cleaning! It's about bacteria they can't see, what it can do to their health, and each patient's role in oral care. GBT is the catalyst for the paradigm shift needed to change the state of oral and

systemic health for patients and the future of dental hygiene care.'

BEST PRACTICE

Integrating a technology and protocol that saves time, is safe and comfortable for the patient, and is easy for clinicians to use has multiple benefits—from increased longevity for the practicing clinician, to increased referrals from comfortable wellness-like patient experiences and confidence in "doing no harm" on delicate oral surfaces during biofilm removal. This makes GBT the ideal practice builder and why GBT is a proven business model bringing in new patients, decreasing downtime and increasing dental treatments enrolled through hygiene.

I truly wish all clinicians today practiced GBT. But don't take my word for it; investigate for yourself. Book an appointment with our certified EMS Clinical GBT Experts and join our GBT User Group on Facebook, to see experiences from clinicians following GBT around the world they'll challenge you to change the status quo in the way you practise biofilm management.

Contact your Henry Schein Representative or

Call 1800 860 580 to book an appointment with a GBT Expert.

<https://www.facebook.com/groups/gbtusers>

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Guided Biofilm Therapy training is as important as the technology

With 345 trainers in 40 countries, the Swiss Dental Academy (SDA) is a globally leading CPD institution in the field of preventive dentistry. Based on the latest scientific knowledge, theory and practice, courses are taught in terms of practice-oriented requirements.

Founded in 2005, the Swiss Dental Academy (SDA) today offers more than 2,000 GBT courses a year globally and the trainer team comprises accomplished dental experts, e.g., periodontists, dental hygienists and other specialists.

To view our 2022 calendar visit: <https://professional.airflowdentalspa.com.au/education-training/courses/>