

A modern, unmatched and compelling clinical protocol for prophylaxis

Dr Neha Dixit discusses Guided Biofilm Therapy

■ Petersilka et al. said: "If a new form of therapy is to be considered worth integrating into standard periodontal therapy, it either has to be superior in therapy outcome or has to show other relevant advantageous aspects such as patient preference or operator convenience or economy of time or other resources."¹

Focusing on oral hygiene, which forms the gateway to maintaining good oral and systemic health, is the need of the moment. The Guided Biofilm Therapy (GBT) protocol represents and follows the recommendations of the European Federation of Periodontology, stating that to have a successful treatment outcome, professional prophylaxis must be complemented by equally good oral hygiene at home.

GBT is part of a comprehensive preventive concept that aims not only to preserve patients' oral health but also to improve patient compliance and subsequent recall attendance. It is a modular, systematic, predictable and logical solution for oral biofilm management in prophylaxis using state-of-the-art technologies such as AIRFLOW MAX, PERIOFLOW with AIRFLOW PLUS powder and PIEZON.

The GBT protocol, which is supported by scientific evidence, was developed in 2016 by EMS, together with academics, researchers and clinicians across the globe, to overcome all the challenges related to prophylaxis that exist today. The protocol can be adapted to every clinical situation in the dental practice, from prevention of early caries and periodontal disease to maintenance and, in many cases, treatment of periodontitis and mucositis. This protocol can be applied to all patients in supportive periodontal therapy



* Guided Biofilm Therapy treatment.

and forms the basis of treatment for patients in initial, non-surgical, periodontal therapy.

GBT involves eight steps that can be modified depending on the clinical situation. The aim of this protocol is to be minimally invasive, preserve hard and soft tissue, and meet patient ex-

pectations. Like any innovation that comes into being in this day and age, when recommendations on correct usage are followed, this protocol has been proved to be highly efficacious, safe and comfortable, not only for the clinician but also for the patient.

Following the patient thorough periodontal screening and recording of the results and using a disclosing agent to visualise biofilm not only guides the patient towards pursuing better oral hygiene but also aids the clinician in achieving more efficient, predictable supragingival biofilm removal. Disclosing the biofilm also enables the clinician to build trust and confidence with the patient, since it assures quality clinical outcomes. Additionally, it improves patient motivation and helps re-educate patients on efficacious tooth cleaning, especially in areas in the mouth that are often neglected or are difficult to access.

Using the AIRFLOW technology with the Guided Lamina AIRFLOW MAX in probing depths up to 4 mm and the PERIOFLOW nozzle in deep pockets up to 9 mm with erythritol-based PLUS powder removes all supragingival and subgingival biofilm in the most minimally invasive and highly comfortable way. This helps to visualise all the supragingival calculus easily, avoiding over-instrumentation.

The erythritol-based PLUS powder is a unique, versatile solution that removes all supragingival and subgingival biofilm in only one step. It contains particles of approximately 14 µm, causes the patient no discomfort and preserves the natural integrity of teeth, dental implants, restorations, orthodontic appliances and prostheses.

If any hard calculus remains, use is made of piezoceramic ultrasonic technology by employing the PIEZON NO PAIN PS instrument. This high-quality, Swiss-made instrument, designed like a periodontal probe, is not only efficient supragingivally but also removes all stubborn calculus up to 10 mm subgingivally. A clean oral cavity without stains, biofilm or calculus supports clinicians in better visualising and checking for any caries, white spot lesions and furcations in a much more predictable way.

Enrolling patients in a regular recall system is highly dependent on their personal experience during treatment. Today, GBT has over 100,000 testimonials from satisfied patients across the globe.

To conclude, Petersilka et al.'s assertion on the need for a superior therapy protocol that offers a number of advantages, including patient preference and operator convenience in relation to time management, is fulfilled through GBT, which has been integrated by GBT-certified practices globally. ◀◀

Editorial note: EMS will be hosting a symposium at EuroPerio, at which Prof. Tord Berglundh from the University of Gothenburg in Sweden, Prof. Patrick Schmidlin from the University of Zurich in Switzerland and Prof. Axel Spahr from the University of Sydney will talk about their personal experiences and present scientific evidence related to the GBT protocol. The symposium will take place on 16 June at 10:00, in Auditorium 15. EuroPerio attendees can find out more about GBT at the EMS Booth E.16.

Reference

¹Petersilka G, et al. Retrospective analysis of the long-term effect of subgingival air polishing in supportive periodontal therapy. *J Clin Periodontol.* 2021 Feb;48(2):263-271.



About the author

Dr Neha Dixit, global lead of clinical affairs and professional education at the Swiss Dental Academy (SDA), has been an integral member of the SDA and EMS since 2009. A periodontist by training, she is a passionate and enthusiastic clinician who believes in providing education to clinicians globally that is backed by scientific evidence. Dr Dixit has received specialty training in non-surgical periodontics and has been a staunch advocate of adopting a non-invasive clinical approach right from her graduation days, even before she joined EMS.

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