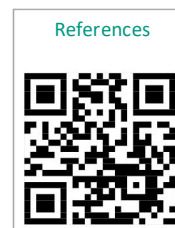




Fig. 1: Eva Hochmann, trainer at the Swiss Dental Academy (SDA), has more fun at work with GBT.

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Guided Biofilm Therapy (GBT) is the gamechanger in oral prevention and prophylaxis. In this interview, dental hygienist Eva Hochmann, dental coach and GBT trainer at the Swiss Dental Academy (SDA), who also works in the practice for oral surgery of Dr Barbara Engstler and Dr Christiane Wagner at the Schlossberg in Saarbrücken, talks about her experiences with the systematic concept.

"My successful concept in prevention and maintenance therapy"

Ms Hochmann, you have been working in dental, maxillofacial and oral surgery practices for 30 years. When and why did you start working according to Guided Biofilm Therapy (GBT) and what were the hurdles you faced?

In my first stage of further training to become a specialist dental assistant (ZMF), I was taught that biofilm is only disclosed in children and periodontal patients in connection with home oral hygiene counselling. For a long time, disclosure in adults had a negative connotation for me: patients felt they were being humiliated and did not want to leave the practice with residual color in their mouths. In 2018, I encountered the GBT method for the first time. That is when I understood that visualizing biofilm is not only important for the patient, but offers multiple advantages, also for me as a practitioner. At first, it was hard for me to admit to myself that I may not

have worked the way I could have for over 20 years. So I tried a self-experiment: I disclosed one half of the teeth of some of my patients before and after treatment. The result was quite disturbing and also reflected the findings of the Stiftung Warentest [independent test institute]: 50 percent of the biofilm was not removed from inaccessible areas.¹

What does "Guided Biofilm Therapy" mean?

The modular and evidence-based eight-step GBT protocol is a systematic solution for biofilm management in PMPR as well as in SPT/SIT. Painless treatment that is gentle on teeth and tissues is possible using AIR-FLOWING®, PERIOFLOW® and PIEZON® PS technologies. This opens up a needs-based and risk-oriented treatment for both the "young and old". SDA offers GBT practice trainings to learn the GBT concept.

Which types of powder do you work with according to the GBT method?

I work 100% with the AIRFLOW® PLUS powder and have been achieving excellent results with it for years. For me, PLUS powder (erythritol, particle size 14 µm) is the powder for the supra- as well as subgingival removal of biofilm, discoloration and slightly mineralized biofilm.

What does GBT mean for you personally?

As far as I am concerned, GBT is not merely a treatment concept, but a philosophy. The concept is a pleasant and gentle way of treating my patients preventively, respectively to give them that special attention. Working with these modern and minimally invasive technologies is significantly more efficient, time-saving, economical and gentle on the joints.²⁻⁶

Ms Hochmann, many thanks for the interview.

The contributions in this section originate from the manufacturers or distributors and do not reflect the opinion of the editors.