



The GBT-trained practice team.

## Successful prevention with Guided Biofilm Therapy (GBT)

Dr. Anna-Louisa Holzner and Dr. Andreas Koch founded their dental practice Lichtblick in the city center of Zirndorf in April 2020. A prophylaxis department employing the concept of Guided Biofilm Therapy (GBT) was established. The practice owners report on the first 3 years of successful implementation after establishing the practice.



Dr. Anna-Louisa Holzner and Dr. Andreas Koch

**A**ny start of a practice – be it through acquisition or start-up – is challenging and requires numerous decisions. This also applied to us – especially as the Corona pandemic started at the same time as we founded the practice. The long-term dental health of our patients was important to us, and therefore we wanted to establish a structured prevention system.

After thorough research, we decided on Guided Biofilm Therapy, a prevention concept developed and customized by EMS, which is easy to integrate into the practice and, in combination with the Prophylaxis Master, has led to a high level of patient satisfaction and ultimately to successful prevention in our modern dental practice.

The patient base we inherited had very little exposure to the topic of prevention up to that point. Through comprehensive education, we succeeded in convincing our patients of the importance of professional mechanical plaque removal for long-term tooth preservation.

In addition to the Prophylaxis Master in conjunction with a concept based on science, we were particularly impressed by the personal presentation of the EMS company in our practice. Guided Biofilm

Therapy forms a fully coordinated workflow or roadmap for implementing prevention. Yet the biggest surprise for us was the advantages of the Prophylaxis Master's Airflow technology based on erythritol.

The very fine graining of the powder in combination with the water heating of the device, provides the experience of a slightly sweet, pleasant warm water jet. This not only impressed used positively during the self-test, but also our patients. We received consistently positive feedback. Due to this response, we were not only able to convince our patients of the many benefits of regular prevention, but we even managed to dispel the widespread unpleasant notion of professional mechanical plaque removal (PMPR). We were subsequently so successful that we were very soon able to expand our practice with another prevention room.



After GBT training, a dental hygienist from the Lichtblick practice performed the Airflow technology using the Prophylox Master.



The patient received personalized education regarding her oral hygiene.

### The concept behind Guided Biofilm Therapy

Every prevention treatment begins with an assessment of the patient's dental status and their motivation. This is followed by disclosure of the biofilm, which highlights the individual cleaning deficits. Demonstration and education can effectively improve patients' oral hygiene and increase their compliance. Removing the biofilm by means of Airflow (erythritol powder) makes patients feel much more comfortable, as the time required to use instruments to remove the hard deposits is reduced to a minimum. The classic final polish of PMPR is not necessary. GBT also offers numerous advantages in the field of periodontal therapy: for one, removal of biofilm with the aid of the "nozzle" on the root surface is highly effective, and secondly, the Piezon technology is very well suited for removing dental calculus without being unpleasant for the patient. As a result, therapy can even be performed without using local anesthesia.

Comprehensive training of the prophylaxis team is important for establishing a prophylaxis concept. For this reason, we conducted several GBT training courses in our practice with EMS – starting with general basics and new scientific data on prevention, through to periodontal therapy and direct patient care during treatment. These training sessions led to increased motivation on the part of our prophylaxis team to recommend preventive treatment to our patients and to include them in our prevention recall system.

The use of high-quality prophylaxis equipment, together with accessories, results in a higher cost structure. This must of course be taken into account. The more pleasant treatment for patients led to a very high acceptance of PMPR and a higher recommendation rate, which was reflected in higher income for prevention and greater success of the practice.

### GBT practice training

As part of the GBT practice training, Marion von Wietersheim, dental hygienist and GBT trainer at the Swiss Dental Academy (SDA), supported us with her expertise. In the first practice training session, the initial goal was to involve the entire practice team. To start with, the basics were discussed and the benefits of the concept, i.e., moving away from invasive hand instrumentation and abrasive pastes to gentle and efficient cleaning. The combination of theory and hands-on exercises laid the foundation for successfully establishing the prevention concept. The focus of the second GBT practice training session was on deepening theoretical knowledge about GBT in periodontitis and peri-implantitis as well as on communication with the patients. In the following practical part, the newly learned skills could be practiced and applied directly. Finally, in the third session, all the staff involved in prevention were able to perform treatment on patients themselves, under the competent guidance of Ms. von Wietersheim. The objective is the long-term integration of all patients into our prevention concept. Last but not least, the focus of all training days was always on correct ergonomics and work methodology. ■



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Marion von Wietersheim