

Winner in prevention: The GBT Experience

Survey of over 400,000 patients worldwide

Guided Biofilm Therapy (GBT) is a systematic, evidence-based and modular concept for professional prevention, periodontal and peri-implant treatment for lifelong maintenance. A unique global survey of over 400,000 patients provided a clear result: more than 94% prefer GBT as a positive overall experience.

Oral health is based on two pillars: firstly, the professional removal of biofilm and dental calculus with intensive oral hygiene education, and secondly, sound advice and motivation for oral health [1–3]. Both pillars have a preventive effect on both oral and general health, as well as on their interaction. However, many patients only attend regular preventive dental appointments if the experience is a positive one and they are involved in the preventive treatment as a responsible partner [4,5]. The EMS concept of Guided Biofilm Therapy (GBT) developed by universities and dental practitioners fulfills all these requirements [6,7]. The current results of a worldwide patient survey in dental practices that work according to the state-of-the-art GBT method are presented in the following.

Conclusive results

Since the fall of 2021, GBT-certified practices and clinics have been receiving completed questionnaires by their patients for anonymized evaluation (n=400,978, as of November 4, 2024). These comprise seven questions to be rated on a scale of 0 to 5. All responses demonstrated a high level of acceptance for GBT (93.4-94.6%) with approximately 4.7 out of a 5.0 possible points. In a direct comparison of GBT with previous methods (hand instruments, brushes and polishing pastes), 94.1% prefer the GBT protocol (**Fig. 1**). Corresponding results were obtained with 93.6% for the average assessment of freedom from pain.

The vast majority (93.4%) also consider the disclosure of biofilm, an integral part of GBT, to be useful. It is used by the dental hygienist as quality control to ensure that the biofilm has been completely removed and also provides patients with a basis for improved oral hygiene. To offer GBT treatment at the highest level, it is a prerequisite that the practice team receive theoretical and practical training from the Swiss Dental Academy (SDA) – the EMS institute for further education.

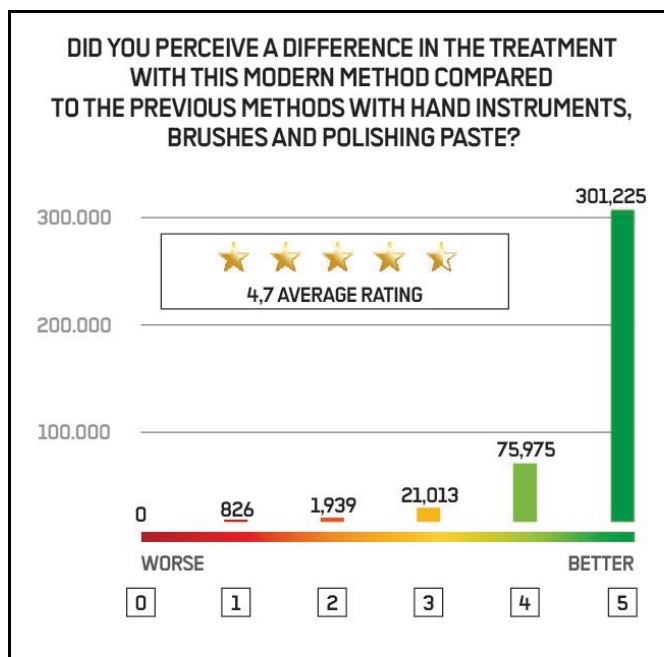


Fig. 1: Patients love the GBT Experience: with 94.1%, the vast majority of the more than 400,000 patients surveyed prefer the modular and risk-oriented protocol of Guided Biofilm Therapy (4 or 5 stars).

Optimal preservation of tooth substance

On the one hand, the professional removal of plaque must be effective and as time-saving as possible. On the other hand, tooth enamel, dentine and root surfaces should be treated with maximum care, even when plaque is removed repeatedly over a long period of time, in order to avoid loss of substance [8,9]. Loud noise, e.g. from ultrasound instruments, or unpleasant scratching with hand instruments, should be avoided as far as possible.

Guided Biofilm Therapy, as a clinical protocol, fulfills these conditions in a scientifically well-documented manner. During professional mechanical plaque removal, the biofilm is first removed as the causative factor with AIR-FLOWING® from all accessible oral surfaces [10]. This can be achieved most effectively and economically using the AIRFLOW® Prophylaxis Master device in combination with the AIRFLOW® MAX or the PERIOFLOW® handpiece and with the use of AIRFLOW® PLUS powder (**Figs. 2 and 3**) [11].



Fig. 2: State-of-the-art prevention utilizes AIR-FLOWING®: this effective yet particularly gentle method is suitable for biofilm management of all oral tissues as well as of implants and restorations.

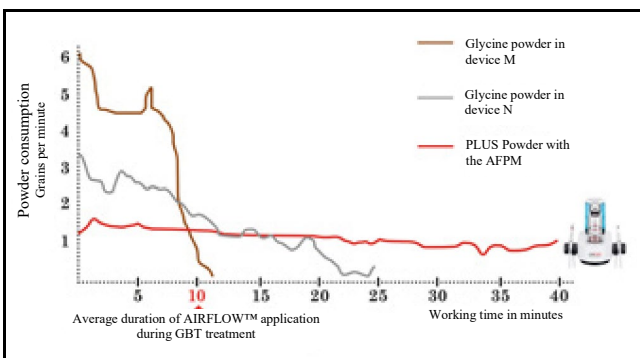


Fig. 3: State-of-the-art prevention uses AIRFLOWING®: due to the flow-optimized (constant laminar) powder flow, biofilm removal with AIRFLOW® MAX handpieces is more consistent and efficient than with other instruments. At the same time, powder consumption is significantly reduced [11].

Only in the second step is a piezoceramic ultrasonic scaler (PIEZON® PS NO PAIN) used to remove the now more visible residual dental calculus. Both technologies are particularly gentle on tissue and are rated by patients as being more pleasant than other instruments [12,13]. Based on a positive overall treatment experience patients are motivated to come in for a regular recall. Subsequent "polishing" with rubber cups and paste does not improve surface smoothness and therefore does not provide any additional benefit. [9,14].

The GBT Experience

Patients wish for effective prevention at eye level and according to state-of-the-art science and technology. To ensure patient loyalty – and thus the economic success of a dental practice – it is also very important to provide preventive treatment that is as painless, structured and relaxed as possible, thereby maximizing efficiency: the GBT Experience. The team also benefits from the systematic concept and the ergonomically optimized devices and techniques. According to unanimous user statements, these help to avoid excessive workload due to the daily and time-consuming use of hand instruments [15].

The results of the survey presented here, involving more than 400,000 patients from dental practices that routinely employ GBT, show the high level of acceptance of the method in everyday clinical practice. These confirm study data from the University of Zurich, according to which as many as 96% of the patients surveyed prefer GBT to traditional methods using hand instruments and polishers [16]. Guided Biofilm Therapy is and remains the patients' absolute favorite for professional prevention. ■

Images: © EMS

Literature references at:

www.dentalwelt.spitta.de/epaper-zmk/



GBT certification – the best investment for your practice

Professional prevention at the highest level adds significant advantages to the clinical qualifications of the team, but also to the economic efficiency of the practice. This is assured by GBT certification, with standardized clinical and technical quality assured by the Swiss Dental Academy of EMS.

More information available at <https://gbt-dental.com/PF-ZMK1224-DE>