



01. ASSESSMENT AND INFECTION CONTROL



02. DISCLOSE



03. MOTIVATE



04. AIRFLOW MAX

PREVENTION WITH GUIDED BIOFILM THERAPY (GBT)

“The system fits perfectly into our everyday practice routines!”

The team at the White Line Dentistry dental practice in Tuningen was honored this year with the ZFA Award [ZFA = Zahnmedizinische Fachangestellte = dental assistant] from the PKV Institute [PKV = Private Krankenversicherung = private health insurance], a training service provider, as “Germany's best dental practice team”. Systematic organization and high professional standards govern all areas of the practice, including prevention. The practice owner, Dr. Ha Vy Do, and her dental hygienist, Heidi Zisterer, explain how committed the team is to using Guided Biofilm Therapy (GBT) from EMS, Switzerland, as a central component of dental prevention in the Black Forest practice.

— Dagmar Kromer-Busch —

Dr. Do, this year your team received the ZFA Award from the PKV Institute as an outstanding practice team, our congratulations on being honored with this award. Knowledge and quality management, dealing with challenges and, above all, team spirit were decisive for the evaluation of the teams - what makes your team so special?

DR. HA VY DO: I think we are a very well-organized practice. By working in a relatively small practice, my colleagues have a very close family relationship with each other. As we work very systematically, according to checklists and protocols, everything we do is very well organized. As a result, we have hardly any points of conflict in our day-to-day work. We use the time we save here to strengthen and further train our team members.

The GBT concept no doubt appeals to a team with such a structured way of working...

DR. DO: Yes, precisely.

Due to its clear structure, GBT could be implemented in our practice workflows without any problems, the system runs well and fits perfectly into our daily routine.

Ms. Zisterer, the GBT protocol consists of eight clearly defined steps. Disclosure of the teeth plays a particularly importance role in this. How do you proceed here?

DH HEIDI ZISTERER: When I disclose teeth, I don't take this primarily as an opportunity to show patients that they haven't brushed their teeth well enough. Although it does give me the opportunity to show my patient where he or she can improve their oral hygiene. But I emphasize to patients that I use disclosing because I can then clean their teeth much more effectively that way.

How do you perform cleaning after disclosure?

ZISTERER: After giving the patient individual oral hygiene instructions, we remove the disclosed biofilm using the Airflow MAX with Plus powder, which is Step 4.

We typically set the device to level 3 to 4 and always work systematically according to the same principle. We then check the result with a scaler or an explorer probe. Personally, I prefer using the explorer probe to feel if there are areas where I need to remove dental calculus with the thin probe of the Piezon PS device, which is then Step 6.

In SPT, we work with Perioflow technology, Step 5. From a pocket depth of 5 millimeters, we work with the Perioflow Nozzle. This has recently been optimized by EMS and is now 25 percent slimmer. This is a great relief for us, as it makes it easier to reach the depth of the pockets.

We think it's a good thing that EMS approaches these matters in such a practical manner.

As you have just explained: in GBT, the teeth are first cleaned of biofilm and then the hard calculus is removed. What are the advantages of this approach?

DR. DO: If the biofilm is removed first, the Piezon can be applied precisely to the hard dental calculus. In addition to avoiding over instrumentation, this also saves a lot of time.



05. PERIOFLOW



06. PIEZON PS



07. CHECK



08. RECALL

ZISTERER: This is how I always explain the procedure to my patients: in autumn, when there are leaves on the street, I first blow them away and then see where I need to sweep.

Finally, the teeth are checked according to the GBT protocol to ensure that they are completely clean and are then fluoridated - but not polished, as this is not necessary according to current studies. Do you discuss with your patients why you no longer polish?

ZISTERER: Yes, I explain to them how our prevention works and why we no longer polish. The polish only fills grooves and ridges on the tooth with a smear layer for a short period of time. My patients accept this explanation.

Only one patient still preferred a polish - and I have about 300 patients.

“THE LINEAR OSCILLATIONS OF THE PIEZON ARE SIMPLY FAR MORE PLEASANT FOR OUR PATIENTS.”

DH Heidi Zisterer

How do your patients rate GBT compared to previous conventional prevention sessions?

ZISTERER: In the past, dental calculus was first removed from 7 to 7.

Those days are over for us. Nobody really liked the annoying noise and the scratching feeling of the ultrasonic scaler on the tooth. The linear oscillations of the Piezon are simply far more pleasant for our patients. Several of our new patients are simply relieved after GBT, as they had imagined cleaning to be much less pleasant. At their follow-up visit, some of them tell us that they had experienced no pain in the days following the procedure. They had expected pain based on their previous experience.

Dr. Do, you introduced GBT in your practice in 2018. Did your team received further training or practical training from the Swiss Dental Academy to familiarize them with GBT?



Fig. 1 The White Line Dentistry practice is GBT-certified and also performs continuous recertification. “It is important to us that our practice is GBT-certified,” says Dr. Ha Vy Do, pictured left with her team, DH Heidi Zisterer (2nd from right) and colleague dentist Annett Kempf (right).

DR. DO: I purchased the Airflow Prophylaxis Master at the Stuttgart Dental Fair in 2018 and also booked the GBT training course. This was held soon afterwards, at that time still in our smaller practice. We have only been in our new practice premises for one year.

“THE INTRODUCTION BY THE SDA TRAINER MADE IT EASIER TO CONVINC MY COLLEAGUES OF THE NEW SYSTEM THAN IF I HAD INTRODUCED THE DEVICE AND THE PROCEDURE MYSELF.”

Dr. Ha Vy Do

Did GBT training make the start easier?

DR. DO: The training made the start much, much easier. Especially as GBT differs greatly from the previous system and my prevention staff had to familiarize themselves with it. The introduction by the SDA trainer made it easier to convince my colleagues of the new system than if I had introduced the device and the procedure myself. Having someone come in from the outside and together with the very intensive training, my colleagues quickly embraced the new system. The practical exercises that could be performed on the spot also proved helpful. It was a really great, intensive exchange.

We also intend to stay updated: we had our second training in 2021 and the next one is booked for January 2024. It is important to us that our dental practice is GBT-certified. This is why we also undergo continuous recertification to demonstrate that we meet the standard. The training courses cover a variety of topics: the first time, the team completed a basic seminar, followed by child and adolescent prevention and in January the topic will cover peri-implantitis.

Which patient groups attend your practice for GBT?

ZISTERER: All patient groups. We offer individual prevention from the age of 6. We explain our procedure to young patients in a child-friendly, playful manner: we tell the children that we have a dental shower with shampoo for their teeth and a suction cup, our ‘Slurpy’, which then sucks everything up again. I let the children feel the powder jet on their finger. I set the strength of the jet low for children, to approximately level 3. We also treat many teenagers with fixed braces. Treatment with the Airflow MAX is a relief as I can also access hard-to-reach areas with the jet.



HEIDI ZISTERER

works in the White Line Dentistry team as a dental hygienist, practice manager and quality management officer.

Photo: private



DR. HA VY DO

founded the White Line Dentistry practice in Tuningen. Together with her colleagues, she specializes in aesthetic dentistry, dentistry for children & aligner therapy.

www.wl-dentistry.de

Photo: private



For more information on GBT certification please go to: <https://www.ems-dental.com/de/gbt-zertifiziert> or via the QR code alongside.

THE WHITE LINE DENTISTRY PRACTICE AT A GLANCE

Founded in 2016 by Dr. Ha Vy Do

The practice employees another dentist and an oral surgeon (once a month for a surgery day) as well as two prevention staff and five other team members.

The focus of the dental practice includes:

Aesthetic dentistry, dentistry for children, aligner therapy and periodontitis therapy.

Organization tip from Dr. Do: in the practice, the material is sorted according to Marie Kondo's magic-cleaning principles.