

# Prophylaxis **works** and offers **future potential**

## Laser among promising technologies

**The dentists have chosen the right path** in the field of dental prophylaxis. Over the past years, the Fifth German Oral Health Survey (DMS V) has recorded a significant reduction in tooth decay among children and youths in Germany and less toothless old-age pensioners aged between 65 and 74. The aim is now to secure and consistently expand the achieved success. Innovations in

pastes also serve this purpose and are even in a position to microscopically close small cavities. This also reduces the sensitiveness of the affected tooth. The differentiation between the appropriate manual toothbrushes and electric toothbrushes for the respective age groups is becoming more and more pronounced. This is noticeable among others from the bigger grips for old-age pensioners or special attachments for electric toothbrushes for denture wearers. In the case of periodontal diseases, classic therapy approaches with the application of antibiotics, chlorhexidine, hydroxylapatite and natural antibacterial ingredients have established themselves—both in practice, as well as in relevant trials. Meanwhile digital technologies are turning the electric toothbrush into a monitoring and training tool for more effective oral care. And children and youths could in future learn to undertake prophylactic measures in a playful manner, because computer games such as “Plaque Attack”, or “Ritter Zahndalf” increase the fun factor while carrying out preventative measures and, thus, also in turn the compliance.

Dr Markus Heibach, Executive Director of the Association of German Dental Manufacturers (VDDI) stated, “Domestic oral care products, professional prophylaxis and digital tools—these enable prophylaxis to be carried out more consistently than ever before.” According to Heibach, the entire spectrum of opportunities of a clinically modern prophylaxis that is in line with the contemporary customer address will be presented at the International Dental Show (IDS), to be held from 12 to 16 March 2019 in Cologne.

the field of prophylaxis are the basis therefore. One of the more recent and promising technologies is: laser. On the prophylaxis front alongside the classic, established methods (scaling and root planing with hand currettes or ultra sound systems or powder jet devices), the diode laser in particular (i.e. at 635 and 660nm) offers additional options for killing bacteria, or surface decontamination, among others.

Furthermore, even in the case of restorative measures, the topic of prophylaxis can more and more often be dealt with simultaneously. Glasses that are rich in fluoride and phosphate are a good example here, because beyond their function as filling materials they can also improve the remineralisation of the dentine. Certain tooth-

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