

Your dentist recommends:

Caries therapy with ozone

"For everyone
who values gentle
and thorough
treatment!"



"Hello, my name is Dr. HealO.
I work closely with your dentist – and we are experts in professionally treating tooth decay, which is known as caries."

On behalf of the Practice, I would like to provide you with some information about the origin, prevention and especially pain-free treatment of carious lesions and decayed cavities.

We understand that you may feel nervous before a dental appointment, especially when you remember how cavities are traditionally treated.

Well, you can relax, because those times are over. In this practice, you are in good hands because our method for treating caries is gentle, thorough, and state of the art.

Technically, it is called "targeted caries treatment with ozone" and uses the HealOzone system, still the safest and most effective device for providing ozone in dentistry!

Of course you are wondering, "why ozone, and what is the reason for this treatment method?"

- Ozone is a naturally occurring, highly effective, anti-microbial agent. For many decades it has been used widely in medicine and now dentists are using it as well.
- The goals of treatment are of course to retain as much of the healthy tooth as possible, and to keep treatment pain-free. Both of these goals may be accomplished with the HealOzone system.

"Why does it work so well?
How does the treatment work, and what benefit is there for the patient?"

To answer these questions, let's provide a few illustrations.

"Did you know, that caries is an infection?"



"If you want to effectively prevent and eliminate cavities, you first have to know how they occur."

Time and caries bacteria are the two most important factors in the development of carious lesions that are destined to become cavities:

- As you eat food, bacteria forms plaque that adheres to the tooth, in the fissures of the tooth enamel and at the edge of the gingiva.
- As you eat, the bacteria in your mouth start to break down the carbohydrates in the food, and aggressive acids arise.
- The result: Within a few minutes, the pH in your mouth falls into the acidic range, and minerals are gradually leached-out of the enamel, leaving it vulnerable to further attack (demineralisation).
- Acids in foods such as fruit juices also support this decalcification process and demineralisation of the teeth.
- The basic rule is, the longer the aggressive acids of the caries bacteria act, the more the enamel is damaged, and the formation of carious lesions and cavities is promoted

"The acid attack on the enamel must be stopped!"

Our body already has its own protective mechanism:
Since human saliva is slightly alkaline, increased saliva flow (for example from chewing gum) dilutes and neutralises the acids, and the pH is normalised in the mouth. The enamel mineral components, calcium and phosphate, that are in a high concentration in the saliva are supplied to the tooth to promote healthy "remineralisation."

"However, only proper dental hygiene, in conjunction with a healthy diet can interrupt the process of demineralisation and prevent the carious formation of lesions and cavities!"



"Tooth care and oral hygiene are the keys to healthy and attractive teeth."

Brushing regularly reduces acid formation and promotes remineralisation:

Brushing your teeth removes plaque and therefore reduces the number of bacteria. By brushing, especially just after meals, remaining food particles are removed, the bacteria's food source is withdrawn, and bacterial acid formation is reduced.

Dentists recommend thoroughly cleaning your teeth with a toothbrush at least twice daily for two minutes. You should also use dental floss to remove the plaque and remaining food particles from the gaps between your teeth. Fluoride does a good job strengthening teeth and promotes remineralisation.

It is best to get your supply of fluoride by brushing with fluoride-containing toothpaste and using mouthwash. On the surface of the tooth, fluoride counteracts the decalcification of the enamel and promotes the deposition of calcium and phosphate. The enamel is hardened and becomes more resistant to acid attack.



Prophylaxis by the hygienist or professional tooth cleaning by the dentist – is the optimum way to supplement your tooth brushing to provide maximum protection from carious lesions and cavities:

- After an examination of the mouth, there is a thorough removal of plaque and calculus from the tooth surface and the gaps between the teeth.
- Even staining from coffee, tea or cigarettes can be removed with special instruments.
- The cleaned teeth are then polished smooth to make it difficult for plaque and bacteria to adhere.
- To protect the tooth surfaces from acid attack, fluoride or other coatings may be applied to the teeth.
- To maximise the effectiveness of prophylaxis, individual, oral hygiene instruction should be provided. This is an essential part of professional tooth cleaning.

"If the diagnosis is caries, your dentist now frequently uses ozone!"

Statistics confirm that improved tooth care and prophylaxis greatly reduce the average number of carious lesions and cavities.

Regrettably, caries still remains one of the most widespread diseases in Western society. Dentistry has also made great advances in the treatment of caries.

"Now that we know that caries is an infectious disease, the solution is disinfection!"

In the dentist's practice, treatment with ozone is frequently the better alternative to previous traditional treatment methods. We use the proven HealOzone system.



"There is no upper or lower age limit to the use of HealOzone:"

HealOzone has proven its success in many international studies and in daily practice. No risks or side-effects have ever been found.

An increasing number of patients have been taking advantage of this alternative or supplementary treatment method. This particularly gentle and potentially pain-free ozone therapy is particularly suitable for our youngest patients.

The targeted use of ozone is the optimum therapy for every patient having caries according to the latest dental findings.



The advantages of ozone treatment are obvious:

- Small, early carious lesions are arrested and reversed by remineralisation without drilling
- For more developed caries, ozone treatment helps reduce the amount of required drilling

In any case...

- Ozone treatment is potentially pain-free
- the maximum amount of healthy tooth enamel is retained
- the root causes of caries is addressed and eliminated,
- and the treatment method is economical and safe!

There are many possible uses for HealOzone:

- Treating carious lesions:
This includes caries in the tooth neck, fissures, root and smooth surfaces, as well as cavities in the gaps between the teeth.
- Root treatment:
Disinfecting the root canal, especially in the case of very deep caries that extends nearly to the nerve.
- Caries prevention:
Particularly in very difficult to access problem zones such as around poorly-placed or worn-out fillings.
- Sterilisation of tooth surfaces:
Important before sealing, placing fillings or cementing inlays, onlays, crowns or bridges.
- Soft tissue treatment:
Disinfecting herpes or ulcers at the first signs of infection.
- Inflammation of the gingiva:
Generated by infection or bacteria



„Ozone treatment:
stress-free, pain-free, cavity-free!“

Cleaning:

If cavities are suspected during visual inspection, the tooth surface is thoroughly and professionally cleaned.

Diagnosis:

After cleaning and visual inspection, we use the DIAGNOdent system, a clinical diagnostic device, to determine the severity of the caries by means of a laser.

In the case of early cavities, ozone can be used immediately by itself!

Targeted ozone treatment:

The handpiece of the HealOzone unit is placed on the tooth. Under the sterile disposable cup, a vacuum seal that seals off the tooth from the rest of the mouth.

The ozone acts on the treated site and eliminates the caries bacteria. In early carious lesions, healthy tooth substance does not have to be removed. No ozone is released into the oral cavity, and the ozone is suctioned off after disinfection.

Remineralisation:

Then special minerals are placed on the treated site. They promote the healing of the carious lesion and remineralisation.

Daily use of a fluoridated toothpaste and mouthwash helps support the natural healing process. After several weeks, the prolonged inactivity of the caries bacteria and the remineralisation of the carious lesion is checked in a follow-up visit.



"Your dentist knows best how to use
HealOzone in your caries therapy."

Your caries expert



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