“Patients come to us because they know we focus heavily on their health and well-being”

An interview with Dr Holger Scholz, Germany

Dr Holger Scholz is owner and manager of the Dental Clinic Konstanz private practice in Germany, specialising in metal-free and digital dentistry, and a consultant dentist at the Swiss Mountain Clinic in Castaneda in Switzerland. From the moment he used a metal-free implant made of zirconia, he was enthusiastic about the new possibilities offered by this material and recognised its potential. Dr Scholz deals intensively with holistic health concepts for a sustainably successful life, especially with the connections between nutrition, exercise, mental attitude and success. In the following interview, Dr Scholz talks about his experiences with the new generation of the whiteSKY ceramic implant system (bredent medical). The whiteSKY implant system has been proved clinically and scientifically since its introduction in 2006. Scientifically sound published long-term results of over ten years speak to its success, demonstrating that comparable results can be achieved with the whiteSKY zirconia implants to those achieved with titanium implants.

Dr Scholz, when did you start using ceramic implants?

I have been placing dental implants since 1996, and like most of my peers, I started with titanium implants. The year 2006 marks my first ceramic implant placement, and that moment was pivotal for me. I immediately realised the huge value and potential of ceramic implants, so much so that in the same year, I bought a new clinic and made it exclusively metal-free. Over two years ago, the German company bredent medical introduced me to its new-generation whiteSKY implant system, the Tissue Line and the Alveo Line. The R&D team at bredent asked my opinion about the new design, and from then onwards, I switched entirely to the whiteSKY dental implant.

What initially convinced you of the whiteSKY concept?

The quality of the material and the new design of the whiteSKY implant were the main reasons. The company

really impressed me with its quality management, and the extent to which it focuses on this was not something I had experienced with any other company. It is reassuring to know that the implants I am placing are the most stable and safest I could possibly use. Our figures show how confident we are about the system: 85% of our entire patient base has been treated with the whiteSKY dental implant and that equates to about 400 cases so far. I am particularly pleased with the fact that the Tissue Line allows the gingiva to have more growing space and therefore a healthier and more stable gingiva in the long term compared with other one-piece systems we have used. Using the whiteSKY metal-free dental implant fits perfectly with our clinic ethos, and our success is testament to this. Patients come to us because they know we focus heavily on their health and well-being.

How important is a sound scientific basis to your decision?
Many so-called metal-free implants actually have some level of metal within their production process. The bredent implants perform very well in relation to metallic contamination, that is, they do not contain nickel, which has been found in other ceramic implants. We also find that some metal-free systems contain a percentage of radioactive substances. A study published in 2020 highlighted that bredent medical implants do not contain any radioactive elements such as uranium or thorium. Our patients desire healthy solutions, and that is the reason why we are very happy with the Tissue Line and Alveo Line whiteSKY systems from bredent.

What are the improvements with the new generation of the whiteSKY Tissue Line and the Alveo Line?
I initially focused a lot on the Alveo Line whiteSKY dental implant because I was used to this kind of system. I found it had the ideal design for immediate implant placement. The wide implant shoulder is essential for immediate implantation: it offers the gingiva the opportunity to grow and protects the underlying bone during the healing phase. The wide shoulders are also very helpful for aesthetically and functionally great prostheses, especially in the posterior region. Almost 80% of the implants I placed were immediate restorations. Today, however in 70% of cases, I use the Tissue Line, the design of which is exciting for a wide number of clinical options. In my view, the quality and aesthetics of the gingiva are enhanced, far more so than with wide-platform implants. The Tissue Line however calls for more skill, as it is more difficult to place than the Alveo Line. The Tissue Line offers the perfect solution for me, but the Alveo Line is great too and allows a lot more variability.

We have very high-quality standards for the implants placed in our clinic. A modern ceramic implant must offer maximum safety on the one hand and an up-to-date design on the other. The new whiteSKY Tissue Line im-

plants fulfil both these requirements in a unique way. Whether immediate implantation or late implantation, in addition to the reliable osseointegration, I am particularly struck by the aesthetically pleasing, excellent gingival condition achieved within just a few weeks.

The first generation of the whiteSKY implant is one of the best-documented zirconia implant systems. Clinical and scientific evaluations have been carried out from the very beginning. Histological investigations confirmed the good osseointegration of the implants. These results have also been confirmed clinically. The long-term survival rate is on par with that of titanium implants. The bone level is stable in the long term, and the red–white aesthetics are outstanding. For the second-generation whiteSKY Tissue Line, the proven success factors were retained and customer-requested improvements introduced.

about the interviewee

Dr Holger Scholz is the owner and manager of the Dental Clinic Konstanz, specialised in metal-free and digital dentistry and a consultant dentist at the Swiss Mountain Clinic in Switzerland. In 2006, Dr Scholz inserted his first metal-free implant made of zirconium oxide. From the first moment he was enthusiastic about the new possibilities offered by this material and recognised the huge potential.
Dr Scholz is a speaker and author on topics from the fields of digital and metal-free dentistry and (co-) author of various books. He is also a successful Peak Performance Coach (certified NLP master and coach) and deals intensively with sustainably successful life concepts, especially with the connections between nutrition, sport, inner attitude and success.

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