

# My practice, my future— current trends on trial

Dr Stefan Grümer, Germany

**Under the theme** “My practice, my future—current trends on trial”, the 2019 German Dentists’ Day (Deutscher Zahnärztetag) was held at Congress Center Messe in Frankfurt am Main on 8 and 9 November. In keeping with the congress theme, the German Association for Laser Dentistry (Deutsche Gesellschaft für Laserzahnheilkunde–DGL) again hosted a session on the current trends in laser dentistry this year.

The conference room Symphonie 2 was occupied almost up to the last seat when Dr Rene Franzen kicked off the lectures with a talk on the physical principles of dental lasers. He introduced the attendees to this complex and challenging topic in his own unique and entertaining way and shared numerous examples taken from everyday life. It could be seen that some attendees experienced moments of enlightenment whilst listening to the opening lecture. As a replacement for DGL President Prof. Norbert Gutknecht, DGL treasurer Dr Stefan Grümer delivered a presentation on laser-assisted implantology, in which he explained how the therapy spectrum can be widened through the purposeful use of different wavelengths. He also presented ways in which dentists can make their implantological treatments simpler, faster and less stressful by utilising dental lasers. In addition, he discussed a laser-assisted concept for the treatment of peri-implantitis, which is currently being clinically tested and which is expected to possibly establish itself as the

golden standard in the future, owing to excellent and promising first results.

Thereafter, Prof. Andreas Braun spoke about laser-assisted endodontics. He presented research findings that also indicate a clear trend towards the adjuvant use of dental lasers, since it allows for a significant extension of the zone which is therapeutically accessible in the complex endodontic canal system. He argued that endodontic treatment can be improved significantly in terms of safety and predictability by the selective effect of lasers. Afterwards, Dr Olaf Oberhofer, a long-standing member of the DGL Advisory Board, shared his insights on the periodontological therapy concept that he employs in his own specialist practice. He argued that successful periodontal regeneration can only be achieved, if various laser systems become an indispensable part of the treatment sequence. The last lecture of the morning was delivered by Dr Johannes-Simon Wenzler from RWTH Aachen University, who presented the latest research results on “laser and photo-acoustics”, an innovative form of endodontic therapy. Cavitation forces triggered by the use of erbium lasers inside of the root canal have proven to be an excellent modality for cleaning and disinfecting the canal system not only *in vitro*, but in clinical studies as well—especially in accessory and lateral canals, which are usually difficult to access. Here, too, a trend towards making endodontics easier and more predictable by means of lasers could be seen. The whole session was

met with broad approval from the attendees, who did not shy away from asking in-depth questions after each lecture. This proved again that laser technology is among the major trends that will contribute to furthering the advancements of dental practices.



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