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Components Of The Holistic Approach To Dentistry



Ozone is a powerful oxidant. Bacteria, viruses, fungi and parasites have little or no antioxidant enzymes in their cell membranes. Without this protection ozone oxidizes (burns a hole through) the cell membrane causing it to rupture, resulting in cell death. Healthy cells have antioxidant enzymes in their cell membranes and are not harmed by therapeutic levels of ozone. Water treatment research in Europe has demonstrated that ONE MOLECULE OF OZONE has the oxidizing power of more than 3000 molecules of chlorine. This same research also showed that the ozone killed pathogenic organisms 3500 times faster with no toxic side effects and no toxic byproducts. Medical ozone studies have demonstrated benefits such as: improved wound healing, improving the immune system response, increased oxygen delivery to hypoxic tissues, etc.

How Do We Use Ozone? When ozone is used in dental procedures it treats the cause of the problem NOT JUST the symptom. This produces a proactive approach to treatment rather than solely engaging in the routine procedure of damage control.

- Prevention and Protection: Routine use of ozonated water as a pretreatment patient rinse to disinfect their oral cavity.
- Patient Treatment: In patient care, ozone is utilized in two forms: (1) ozonated water and (2) pure oxygen/ozone gas. Using these two agents in combination allows us to treat all oral infections using only oxygen and water! Regardless of the location or the type of infection ozone is able to treat almost any situation. The ozonated water is the perfect irrigation solution for gum pockets and extraction sockets. For restorative dentistry, ozone gas is used to reach and penetrate areas such as: carious dentin, dentinal tubules, and periodontal pockets where no other antibiotic or disinfectant can reach.

At home use for optimal self-care

The highest quality ozone is made with pure oxygen. The equipment for this type of ozone is very expensive – see www.simplyo3.com. This is what we use in the office. Additionally, you need pure oxygen provided in a tank as the

source for the ozone generator. This is difficult for patients to get – requires a prescription and the medical gas company needs to deliver it. So for home use, we recommend the ozone generators recommended on the site that use ambient air as the source for ozone production. It is much easier, much less expensive and still very effective.

Patients with deeper gum pockets, root surface cavities, and chronic gum inflammation and/or infections can benefit tremendously from ozonated water. You can swish with it, use it in a water pick (this is the best) and/or an Oratec Pocket Care Irrigator. For root surface cavities you can apply the gas directly – remove the bubbler from the tubing and place the end of the tube tightly over each cavity for 30 seconds.