

GREEN DENTISTRY: A STEPPING STONE TOWARDS AN ECO-FRIENDLY PRACTICE



DEFINITION

Green dentistry, also known as eco-friendly dentistry, is defined as a high-tech approach that reduces the environmental impact of dental practices and encompasses a service model for dentistry that supports and maintains wellness.

WHY SHOULD WE CARE?

THE ALARMING NUMBERS: PER ANNUM DENTAL WASTE PRODUCTION FROM A CONVENTIONAL DENTAL CLINIC

- 4.8 million lead foils
- 28 million liters of toxic x-ray fixers
- 3.7 tons of mercury waste
- 1.7 billion sterilization pouches
- 680 million chair barriers, light handle covers and patient bibs.

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WHAT DOES GREEN DENTISTRY DO FOR YOU?

Reduces waste and pollution

Saves water, energy and money

Is high-tech and cost-effective

Supports a wellness lifestyle

HOW TO GO GREEN?

ADOPT 4 R'S AGENDA

RETHINK

- Proper sun illumination and use florescent lighting
- Ventilation and adequate air filtration
- Promote indoor plantation
- Inclined roof for water harvesting
- Solar water heaters
- Use low volatile paints (VOCs), office furniture from recycled or reclaimed wood
- Use eco-friendly office cleaning products

REDUCE

Paper/Plastic/Chemical/Water consumption/Energy consumption

- Virtual records
- Substitute autoclave wraps with sterilizable cassettes and plastic syringes with glass syringes
- Biodegradable disposable cups
- Steam sterilization over chemical sterilization
- Use biodegradable or enzymatic cleaners instead of chlorine bleach for cleaning water lines
- Proper disposal of amalgam
- Dry Dental vacuum
- LED lights with motion detectors

RE-USE

- Reusable glass syringes/face shields/ dishes & cutlery in the staff break room
- Switch to cloth sterilization bags & patient barriers
- Wear cloth apron instead of paper ones
- Switch to stainless steel impression trays and suction tips.
- Provide glass or ceramic "rinse & swish" cups.

RECYCLE

Always segregate your waste and recycle

- Recycle the **BIG 5** : Aluminium , glass, plastic, paper and steel
- Use a sharps disposal service that recycles them into building materials
- Recycling bins for staff break-room waste
- Instrument recycling program

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BY: Dr. MAYANK SHARMA