



MOLTONS

DENTAL & AESTHETICS



GUIDED BIOFILM
THERAPY GUIDE

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GUIDED BIOFILM THERAPY: A GENTLE, MODERN APPROACH TO ORAL HEALTH



WHAT IS GUIDED BIOFILM THERAPY (GBT)

EMS Guided Biofilm Therapy (GBT) is an advanced and modern, evidence-based step by step professional dental cleaning protocol that uses Airflow technology. It is design to remove bacterial biofilm (plaque) and stains with warm water, air and powder. It is non-invasive, highly effective with minimal discomfort. An alternative to traditional "scale and polish", offering better results for healthier mouth (teeth, gums, braces, implants and all restoration in general).

WHAT IS DENTAL BIOFILM?

Dental biofilm is also known as a dental plaque. It is a soft, sticky layer of bacteria that forms in your mouth every day. It is a colourless or pale yellow biofilm and forms on teeth, along the gum line, tongue, around dental implants, restorations, and orthodontic appliances such as braces or retainers.

If dental biofilm is not removed regularly, harmful bacteria will multiply and cause damage to the teeth and gums. Over time, this can lead to: bleeding gums which is a primary factor for gum disease. It also causes bad breath, tooth decay, bone loss around teeth and leading to instability or ultimately failure of dental implants. Regular effective removal of biofilm, both at home and through professional GBT sessions, is essential for preventing dental diseases.

Human mouth is home to a vast and diverse community of bacteria, viruses, fungi, and other microorganisms, collectively referred to as the Oral Microbiome. In fact, there are hundreds to even thousands of species of bacteria living in the mouth, and they play a crucial role in maintaining oral health. However, when the balance of these microorganisms is disrupted—due to poor oral hygiene, diet, or other factors—it can have widespread implications for overall health.

Research has linked this to conditions such as Heart disease, Diabetes, Premature Pregnancy, Rheumatoid Arthritis, Alzheimer's disease, Parkinson's disease, and Other systemic illnesses.



WHAT MAKES GBT DIFFERENT FROM OLD DENTAL HYGIENE METHODS?

Guided Biofilm Therapy (GBT) differs from old dental hygiene methods in several key ways:

1. **Minimal discomfort**
2. **Minimally invasive**
3. **Complete Biofilm removal:** GBT ensures maximal biofilm removal, including hard-to-reach areas.
4. **Use of Disclosing Agents:** GBT makes biofilm visible using a dye therefor allows patients to see areas missed during brushing.
5. **Advanced technology**
6. **Focus on patient comfort:** GBT incorporates warm water and a spa-like experience, making it more comfortable for patients, especially those with sensitive teeth or dental anxiety.

HOW DOES GUIDED BIOFILM THERAPY WORK?

GBT follows a structured, step-by-step approach tailored to your individual oral health needs:

1. **Assessment** – Your dentist or hygienist will examine your teeth and gums and assess your overall oral health.
2. **Motivation:** tailored oral hygiene advised.
3. **Biofilm disclosure** – A special dye is used to highlight areas of biofilm, helping both you and your clinician see where plaque is present.
4. **AIRFLOW® cleaning** – A gentle combination of warm water, air, and fine powder removes biofilm and surface stains comfortably.
5. **PERIOFLOW® treatment** – For deeper gum pockets and around dental implants, biofilm is safely removed below the gum line.
6. **PIEZON® technology** – Any remaining hard deposits (tartar) are removed using modern ultrasonic instruments with minimal discomfort.
7. **Prevention and advice** – You will receive personalised advice on brushing, interdental cleaning, and maintaining long-term oral health.
8. **Recall:** Clinicians will advise on your next visit, depends on your clinical needs.



WHY PATIENTS LOVE GUIDED BIOFILM THERAPY (GBT)

1. **Gentle and comfortable** – a relaxing cleaning experience with little discomfort.
2. **Kind to your teeth and gums** – minimally invasive and designed to preserve natural tooth structure.
3. **Ideal for sensitive mouths** – suitable for sensitive teeth, gums, and nervous patients.
4. **Safe around dental work** – cleans effectively around implants, bridge, crowns, fillings, veneers, bonding, orthodontic appliances (braces).
5. **Healthier gums** – helps reduce inflammation and bleeding.
6. **A fresh, clean feeling** – leaves your mouth feeling smooth, refreshed, and healthy.

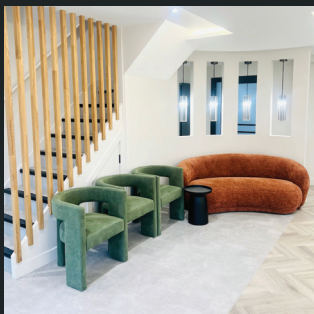


WHO IS GBT SUITABLE FOR?

GBT is suitable for most patients of almost all ages, including those with gum disease, dental implants, orthodontic appliances, or a history of sensitivity. It is also ideal for patients who want a more comfortable and modern approach to dental hygiene care.

If you would like to find out more about EMS Guided Biofilm Therapy or book an appointment, please speak to a member of our dental team.

Moltons is an official certified provider of 'Guided Biofilm Therapy'



CONTACTS

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PARKING AND ACCESSIBILITY

You're welcome to park next to the practice - just note that resident restrictions apply between 10:00 and 11:00 AM only.

Patients are also welcome to park on the drive, subject to availability. There is ample public parking at the end of Thanet Road (DA5 1AP), just a 2-minute walk away, as well as at Bexley Station, which is a 6-minute walk. A bus stop is located 2 minutes away, with services including the 229, 132, and 269 buses.

OPENING HOURS

Mondays - Friday: 9am to 5.30pm

Saturdays: 9am to 1pm . Sundays: Closed

