

PEARLS

FOR YOUR PRACTICE™



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PrepStart H2O Hydro Abrasion System by Zest Dental Solutions

This morning I saw a teenager for a few direct restorations. It was a basic restorative appointment. A third-year dental student could have done these restorations. I placed two restorations for small occlusal caries, a couple for early enamel caries in fissures, and three sealants. For us, this is a simple half hour of work. To this teenage patient, I might as well have been extracting all her teeth and placing 28 implants, all while zapping her with a cattle prod. She was *that* apprehensive.

I routinely anesthetize for cases like this. Having a piece of equipment that could help me avoid anesthetizing would be a dream. A hard-tissue laser can absolutely help us bypass the need for anesthetic, but those come with a significant price tag. Unfortunately, dentistry has all but forgotten about something that can help without breaking the bank: air abrasion, today more than ever, has a place in our restorative dental practices.

With my apprehensive teenager this morning, air abrasion made perfect sense. I could use it without anesthetic to prep out the occlusal caries. It easily cleaned out the early enamel pit and fissure

caries. Finally, it thoroughly cleaned out the plaque and debris from the other fissures that I subsequently sealed. I was able to do the entire case, except for minor bite adjustments, with air abrasion. The unit I used was small, inconspicuous, and simple to use. The PrepStart H₂O from Zest Dental Solutions has been a great asset to my practice the past several months.

This little powerhouse hooks up via a quick-connect air line to your delivery unit. No power is needed, and the on-board water tank prevents the need for a water line. This unit can help you painlessly remove diseased tooth structure, stain, and debris with 27- or 50-micron aluminum oxide powder media. The cone of fine water spray surrounds the abrasive air spray, capturing virtually all the dust. This makes air abrasion much more comfortable for the patient.

The PrepStart H₂O has controls for powder-to-air mixture,



pressure, and water spray volume. Using these controls, you can dial in the level of abrasion you need to treat the case. I have used the PrepStart H₂O mainly for what I described earlier—smaller occlusal lesions, preventive resin restorations, and sealants. I have also used it to roughen tooth structure for bonding on Class Vs. Be a little careful when using aluminum oxide around the gingiva because it can create a little sulcular bleeding. I have also used it to enhance bonding on Class II restorations prepped traditionally with a handpiece and bur. Having the ability to enhance bonding via air abrasion in the

mouth is a godsend.

I could certainly perform many of these tasks and more with a hard-tissue laser. However, the PrepStart H₂O can do so much for a 20th of the cost of an “inexpensive” hard-tissue laser. If you would like to do more minimally invasive dentistry, which is often anesthetic free, and do so without committing tens of thousands of dollars to a new piece of equipment, the PrepStart H₂O is for you. I have this little dynamo on a cart with wheels in my office. You had better believe that it gets wheeled all over my office! Solo home run for Zest Dental Solutions on the PrepStart H₂O!