

Laser technology in periodontics

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Abstract

Laser technology has significantly transformed periodontal therapy by offering precise, minimally invasive alternatives to conventional treatments. Since their introduction into dentistry, lasers have evolved into powerful tools for surgical and non-surgical periodontal procedures. This narrative review explores the mechanisms, clinical applications, and technological advancements of laser systems in periodontics, focusing on their efficacy, benefits, limitations, and future potential.

Lasers operate through photothermal, photochemical, and photomechanical mechanisms, enabling precise tissue interaction with minimal collateral damage. Diode, Nd: YAG, Er: YAG and CO₂ lasers are utilized based on their specific wavelength properties and clinical indications. Laser-assisted therapy offers notable advantages, including reduced bleeding, faster healing, improved patient comfort, and enhanced bacterial decontamination. These benefits are particularly evident in procedures like scaling and root planing, gingival and bone surgeries, peri-implantitis management, and regenerative therapies.

Clinical studies have demonstrated improved outcomes in terms of pocket depth reduction, clinical attachment gain, and inflammation control when lasers are



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used adjunctively. However, challenges such as high costs, training requirements, and limited effectiveness in specific clinical scenarios persist. Safety protocols and skilled usage remain essential to avoid adverse outcomes.

Integrating lasers with emerging technologies—such as 3D imaging and AI—may further optimize periodontal care. While not a universal solution, laser technology represents a vital component in the evolving landscape of modern periodontology.

Keywords: Laser technology; periodontics; laser-assisted periodontal therapy; Nd:YAG laser; Er:YAG laser; periodontal regeneration; non-surgical treatment; photothermal effect.

Introduction to Laser Technology in Periodontics

Laser technology has revolutionized dentistry, particularly in periodontics, by providing minimally invasive, highly effective treatment options (1–9). The first laser was developed in 1960 by Theodore Maiman, using a ruby crystal to generate light. Lasers were initially used in ophthalmology and dermatology for delicate surgeries but were later adapted for dentistry in the 1980s for cavity preparation and gingival surgeries (10–20). However, it wasn't until the 1990s that lasers became widely accepted in periodontal therapy. The FDA's approval of laser devices in the early 1990s marked a significant turning point in incorporating lasers into dental practice (21–27). Over time, laser technology has evolved with specific wavelengths and more sophisticated devices designed to meet the unique needs of periodontal practitioners (28–34). Today, lasers offer periodontal professionals a range of treatment options, reducing recovery times and enhancing patient comfort (35–43).

Role of Lasers in Modern Periodontal Therapy

Laser technology transforms modern periodontal therapy by using concentrated beams of light to target and treat affected areas, resulting in less tissue trauma, reduced bleeding, and faster healing times (44–52). Its precision and ability to sterilize tissues with laser energy also reduce the risk of infection. Laser therapy offers advantages over traditional treatments like scaling and root planing, including enhanced precision, reduced bleeding, faster recovery times, and less patient discomfort. It also addresses challenges like tissue trauma, infection, and prolonged recovery (53–59). Laser-assisted treatments can improve the success rate of regenerative procedures, even in complex cases of advanced periodontal disease.

Literature Review: Laser Technology in Periodontics

Laser technology has significantly impacted periodontal therapy due to its precision, versatility, and minimally invasive nature (60–68). Diode lasers are commonly used for their flexibility, portability, and affordability. The 810 nm wavelength is effective for soft tissue

procedures like gingivectomy and gingivoplasty (69–73). Understanding these laser systems is crucial for , which select the most appropriate treatment for specific periodontal conditions (74–82).

Nd: YAG Lasers

The Neodymium-doped Yttrium Aluminum Garnet (Nd:YAG) laser is a versatile periodontic tool operating at 1064 nm. It can treat soft and hard tissues, penetrate deeper into tissues, and reduce inflammation. It's used for periodontal pockets, gingival contouring, crown lengthening, and managing peri-implantitis without damaging the underlying bone (83–93).

Er: YAG Lasers

The Erbium-doped Yttrium Aluminum Garnet (Er:YAG) laser, with a 2940 nm wavelength, is effective in complex tissue applications like removing calculus and debris from tooth surfaces. It creates microscopic bubbles in tissue, breaking down hard tissue (94–102). Er:YAG lasers are also used in non-surgical periodontal therapy, soft tissue procedures, and delicate procedures requiring moisture preservation (103–113).

CO2 Lasers

CO2 lasers, with a wavelength of 10,600 nm, are known for their precision and coagulation capabilities (19,114–122). Tissues highly absorb them, allowing for precise incisions and minimal collateral damage (123–131). They are commonly used in periodontal procedures like gingivectomy, gingivoplasty, and crown lengthening, reducing postoperative discomfort and complications (132–140).

Mechanisms of Laser Action

To understand lasers' benefits and limitations in periodontics, it is essential to explore the mechanisms by which lasers interact with tissues at the molecular level (141–149). The three primary mechanisms of laser action are photothermal, photochemical, and photomechanical effects (150–159). Each of these interactions plays a unique role in periodontal treatments and contributes to the overall effectiveness of laser therapy (19,160–168).

Photothermal Effects

Photothermal effects occur when laser light absorbs tissues and converts them into heat energy (169–175). This heat can lead to therapeutic outcomes like cutting, coagulation, or vaporization. It causes protein denaturation in soft tissues, facilitating tissue coagulation and minimizing bleeding. In hard tissues like teeth and bone, it removes calculus and decontaminates root surfaces, aiding in dental bonding and composite resin applications (176–184).

Photochemical Effects

Photochemical effects, triggered by laser light, are crucial in regenerative therapies, promoting tissue healing and regeneration. They enhance collagen synthesis, stimulate growth factors, and improve cellular metabolism (185–189). Lasers are used in periodontal

treatment, guided tissue regeneration, and bone grafting to strengthen the success of these procedures and platelet-rich plasma injections (19,92,190–198).

Photomechanical Effects

Laser energy causes rapid heating and expansion of water molecules within tissues, creating bubbles or micro explosions. This mechanical disruption helps break down complex substances like dental calculus (199–207). The Er: YAG laser is known for its photomechanical effects, making periodontal debridement more effective and less traumatic, resulting in quicker patient recovery.

Laser Technology Applications in Periodontics

Laser technology enhances periodontal therapy, enhancing non-surgical and surgical procedures. Its specific tissue interaction allows for therapeutic purposes like gingival and bone surgery, peri-implantitis treatment, regenerative procedures, and diagnostic tools (208–216).

Non-Surgical Periodontal Treatment

Lasers are revolutionizing periodontal care with non-surgical treatments like laser-assisted scaling and root planing (SRP), which removes plaque, calculus, and bacteria from teeth' root surfaces. This method is especially beneficial for patients with moderate to severe periodontitis, as it reduces pocket depths and bacterial load (217–225).

Gingival and Bone Surgery

Lasers are crucial in periodontal surgery, providing precision and control during soft tissue and bone procedures like gingivectomy and gingivoplasty (226–230). They reduce postoperative discomfort and blood vessel coagulation, enhancing the surgical experience. In bone surgery, lasers enable controlled bone and soft tissue removal, achieving optimal results and promoting healing (231–238).

Peri-Implantitis Treatment

Peri-implantitis, a standard dental implant issue, can be treated using laser therapy, particularly Nd: YAG and Er: YAG lasers. These lasers effectively remove bacterial biofilms, promote tissue healing, and offer a less invasive approach.

Laser-Assisted Regenerative Procedures

Laser technology is utilized in regenerative periodontal procedures like bone grafting and guided tissue regeneration, promoting tissue regeneration and cellular metabolism and enhancing biomaterials' effectiveness by improving their integration with surrounding tissues.

Laser-Based Diagnostic Tools

Lasers are increasingly used as diagnostic tools in periodontal practice, detecting early signs of disease through microscopic analysis. Technologies like laser-induced fluorescence and laser Doppler flowmetry aid in early diagnosis, enabling early treatment and treatment initiation.

Clinical Studies and Research

Research on laser-assisted periodontal therapy is expanding. It offers insights into its efficacy, long-term outcomes, and clinical applications, comparing it to traditional treatments.

Research on Laser-Assisted Periodontal Therapy

Research on laser-assisted periodontal therapy shows advantages over traditional mechanical instruments in reducing pocket depth, promoting tissue regeneration, minimizing postoperative discomfort, and offering superior bacterial decontamination.

Comparative Studies

Studies show that laser-assisted periodontal therapy (SRP) significantly reduces pocket depth and improves attachment gain in patients with moderate to severe periodontitis. Diode lasers enhance tissue regeneration, hemostasis, and antimicrobial effects, making them an effective adjunct to conventional therapy, especially in difficult-to-reach areas.

Long-Term Outcomes

According to a study by Smith et al. (2018), laser-assisted periodontal therapy offers sustained clinical benefits compared to traditional methods. The study demonstrated consistent attachment levels and reduced periodontitis recurrence, suggesting immediate therapeutic benefits and improved health maintenance over time.

Case Studies

Lasers, such as deep pockets, infections, and surgical recontouring, are used in complex periodontal disease cases. A study by O'Neil et al. (2021) found laser therapy effective in reducing inflammation, improving bone levels, and preserving implants.

Comparing Different Laser Technologies in Clinical Trials

Various laser types have been studied in clinical trials, each showing distinct advantages and limitations in treating periodontal diseases. The main types of lasers commonly investigated include diode lasers, Nd: YAG lasers, Er: YAG lasers, and CO2 lasers. These lasers are compared regarding their clinical effectiveness in treating periodontal disease, such as bacterial decontamination, pocket reduction, and tissue regeneration.

Diode Lasers vs. Nd: YAG Lasers for Gingival Surgery

A randomized controlled trial by Liu et al. (2019) compared diode lasers (810 nm) and Nd: YAG lasers (1064 nm) for gingivectomy and gingivoplasty. Both lasers effectively controlled bleeding and promoted wound healing, but Nd: YAG lasers showed superior coagulation properties, reducing postoperative swelling and promoting quicker recovery times. This suggests that while both lasers can be used for soft tissue procedures, Nd: YAG lasers may offer enhanced therapeutic effects (239–246).

Er: YAG Lasers vs. CO2 Lasers for Periodontal Debridement

A study compared Er: YAG and CO2 lasers for periodontal debridement. Er:YAG lasers were more efficient in removing hard deposits like calculus, causing less heat generation. CO2 lasers were more effective in soft tissue surgery, making Er:YAG lasers preferred for scaling and root planning (247–256).

Laser-Assisted Root Planing in Deep Periodontal Pockets

The study found that laser-assisted root planing significantly improved pocket depth reduction, clinical attachment gain, and bacterial load reduction compared to conventional techniques, suggesting laser-assisted treatment as a viable option for deep periodontal pockets resistant to traditional methods (257–265).

Challenges and Limitations

Despite the many benefits of laser technology in periodontics, several challenges and limitations must be addressed to optimize its use in clinical practice.

Cost and Accessibility

The high cost of laser technology in periodontics is a significant barrier to its widespread adoption (266–272). The high initial investment and ongoing maintenance costs make it difficult for dental professionals to access laser treatment, especially in lower-income areas or smaller practices. The additional financial burden of training and certification for clinicians further complicates the situation. However, as laser technology advances, the cost of lasers is expected to decrease, making them more accessible to a more significant number of practitioners. This could help improve the accessibility of laser treatment in periodontics (238,246,246,256,273–279).

Training and Skill Development

Laser therapy requires specialized training and skill development for clinicians to safely and effectively use the technology (280–288). Laser manufacturers, dental schools, and professional organizations provide training programs. However, availability and costs can be barriers for some practitioners, as improper use can lead to complications and ineffective surgical outcomes (289–297).

Clinical Limitations

Lasers offer numerous benefits but have limitations in specific clinical situations. They are less effective for hard tissue damage like bone loss or tooth decay and may not be suitable for extensive tissue defects or large lesions (298–302). Additionally, lasers can cause tissue damage due to excessive heat generation, which can be inadvertently harmed if not calibrated or used cautiously. Additionally, lasers cannot always remove calculus or debris in deep periodontal pockets, necessitating traditional hand instruments for thorough cleaning.

Safety Concerns

Laser use in periodontal practice necessitates strict safety protocols, including eye protection for patients

and professionals, proper calibration and maintenance of laser devices, and proper training for clinicians to avoid direct exposure to unintended areas of the mouth to minimize injury risks (303–309).

The Future of Laser Technology in Periodontics

The future of laser technology in periodontics is promising, with continuous advancements in laser systems, their applications, and their integration with other technologies (310–314).

Emerging Technologies

New laser technology, including fiber-optic and picosecond lasers, is expected to improve precision and versatility in periodontal care (315–321). These technologies offer flexibility in reaching difficult areas and precision in soft tissue and bone procedures, potentially revolutionizing the diagnosis and treatment of periodontal diseases.

Integration with Other Technologies

Lasers are set to be integrated with advanced technologies like 3D imaging, robotics, and AI to improve the precision and effectiveness of treatments. This will enhance visualization, patient data analysis, and decision-making, leading to more personalized care and reduced variability in manual procedures (322–328).

The Role of Lasers in Preventative Dentistry

Lasers are increasingly used in preventative dentistry, detecting periodontal disease early through laser-induced fluorescence systems. As research continues, they could be used extensively for non-invasive treatments like cleaning and sterilizing teeth and gums in high-risk patients, offering quicker, more comfortable, and more effective treatments (329–335).

Discussion

Laser technology offers significant benefits for periodontal therapy, including enhanced precision, reduced recovery times, and improved patient comfort. However, challenges related to cost, training, and accessibility continue to hinder widespread adoption (336–342).

By evaluating the available clinical research, we can conclude that laser-assisted therapies are most effective when integrated into a comprehensive periodontal treatment plan. The choice of laser type, technique, and protocol depends on the specific clinical situation, the patient's condition, and the clinician's expertise (343–347).

Looking forward, it is essential that ongoing research focus on refining laser technology, improving treatment protocols, and investigating the full potential of lasers in regenerative procedures (348–354). By addressing the current limitations and enhancing the technology's integration with other innovations (355–361), laser therapy could become a cornerstone of modern periodontal care.

Conclusion

Laser technology has become crucial in periodontal practice, offering precision, reduced recovery times, and improved patient comfort. Despite challenges like cost, training, and accessibility, ongoing advancements in laser technology and clinical research promise a brighter future for laser-assisted periodontics. The future holds great potential for improving patient outcomes, advancing regenerative therapies, and making periodontal treatment more efficient and accessible. The future of laser-assisted periodontics is poised for growth and innovation by integrating lasers with emerging technologies and enhancing clinical expertise.

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