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## Painless Dentistry



Now there's a new dental alternative using a high-tech laser type device. But, contrary to most lasers this one doesn't use heat and light directly, it uses plain old water. That's right water. And best of all it's virtually painfree. (www.biolase.com)

**Nov. 18** — Going to the dentist can sometimes seem like a visit to a torture chamber— filled with painful shots and drilling. But there may be an easier way.

Now there's a new dental alternative using a high-tech laser type device. But, contrary to most lasers this one doesn't use heat and light directly, it uses plain old water. That's right water. And best of all it's virtually painfree.

Shoreh Hammati is typical of patients trying the new water laser, "I don't like getting shots and the drill ... the sound of the drill."

Gerald Bittner, Jr. DDS, dentist: "95-percent of all the procedures we do with the water laser are done without anesthetic. No shot. No shot. No pain."

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### More Info

Gerald Bittner, Jr.  
Center for Aesthetic  
809 Saratoga  
San Jose, CA 95128  
(408) 241-1111

Procedure is also available at  
[University of the Pacific](#)  
Douglas A. Yount  
2155 Webster  
San Francisco, CA 94133  
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In slow motion, you can see the water laser shooting against Dr. Bittner's finger, but surprisingly it doesn't cut his rubber glove.

Yet put the same water laser against a patient's tooth and it cuts away decay with a little tapping sound.



Dr. Bittner: "The laser activates the water. Decay has moisture in it. Tooth enamel has no moisture. So it's going to be more specific to decay, it's going to be more attracted to the decay than the tooth structure. So you can be a lot more conservative cutting with the laser."

In clinical trials, the University of the Pacific Dental School found the water laser actually numbs the nerves in the tooth as it cuts. Plus the laser seems to sterilize the tooth, enhancing the bond of the filling.

Dr. Bittner: "It turns out the bond strength with this particular type of filling using the water laser unit is about 50-percent stronger."

So is it really painless?

Shoreh Hematti: "Yeah, very painless, I didn't feel anything. I didn't even know when it was done..."

Blair Prince, patient: "It's just water. You can't feel it. There's no feeling to it."

Francisco Ortiz, patient: "Actually, I had all my fillings redone by Dr. Bittner, and they were wonderful. It was completely painless."

But there are limitations, so the water laser doesn't completely eliminate

the need for the dental drill in more complex procedures.

Dr. Bittner: "You can't really cut a crown with it, but you can do quite a bit with it."

And dentists say one of the best uses for the water laser is with kids.

Dr. Bittner: "I don't think kids now a days need to go through shot and a drill anymore. I don't think we are going to have any more scared people with dentists."

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