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Dental treatments are not yet entirely independent of chemicals use, which entails that the unsustainable methods for extracting these chemicals are still called for. Similarly, using plastic is not environmentally friendly since manufacturing plastics contributes to carbon emissions and landfill build-up. One way of compensating for these is for dental practices to focus on conservation efforts every time a patient undergoes a treatment. By reusing some materials, dentists not only cut down on costs but also encourage sustainable practice. Green dentistry is not just a statement anymore since many dentists are ditching their unsustainable practices and turning to eco-friendly habits.

Tools and Equipment: Stainless steel suction tips can be sterilized and reused for a couple of years before being replaced. In contrast, single-use suction tips not only cost more, but also contribute to global warming and plastic production. Another green practice is using steam-based sterilizer as it promotes healthier indoor air quality. Using steam-based sterilizer also eliminates or decreases the need for chemical-based sterilizers. Some suction line cleaners are also biodegradable and organically chlorinated.

Technology. Digital Practice Management Software substantially reduces the need for dentists to use paper for filing their patients'™ records. By using digital software, patient files are stored electronically and information is organized efficiently. X-rays that use photo imaging are also a better alternative to conventional X-ray methods since patients would be exposed to less radiation.

Patient Products. Using cloth bibs or head rest covers for patients eliminate the use of paper or plastic bibs, which are only used for a single treatment. Like single-use suction tips, disposable paper and plastic bibs accumulate in landfills and take a long time to degrade. Avoiding the use of paper materials also contributes to the effort of companies to engage in sustainable logging. If you do not have these products yet, you can check an online dental supply company that offers these products.

Soaps and Disinfectants. Soaps are now made from organic coconut, olive, or jojoba oils which contain no synthetic or petrochemical ingredients. In addition, some disinfectants offered by a dental supply company use natural ingredients that can combat noxious bacteria and do not irritate the skin. Without the use of too much chemicals, disinfectants become more biodegradable. You can ask your dental supplier which disinfectants use less chemicals yet offer the same results for cleaning.

Waste Management: There are also alternative options for dentists in disposing their trash. In contrast to the traditional use of ordinary plastics, dentists can opt for sharp containers provided by a reputable dental supply company. These sharp containers are not only a sustainable choice; they can also restrict bacteria, stopping the spread of virus.

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