



Laser Technology Brightens Visits to Local Biologic Dentist

Dr. Paul Wilke has been in practice at Total Mouth Fitness in San Antonio since 1999. Prior to July 1999, he was in practice at Blanco North Dental for 12 years but began his career in 1980. While Dr. Wilke has focused primarily on



Dr. Paul Wilke

general dentistry in the past, he has continually updated his skills and knowledge, thereby broadening his client base through orthodontics and performing toxic-free dentistry. Dr. Wilke's dental office is a biologic, holistic


practice. Biological dentistry strives to be minimally evasive dentistry that reduces exposure to harmful metals and chemicals while also minimizing trauma to teeth and gums. Dr. Wilke has invested in the latest laser technology for his practice, and we asked him to explain the technology and the benefits for his dental patients.

Tell us why you've invested in laser technology for your practice.

Have you ever heard someone say that they just love going to the dental office? The answer to that question is overwhelmingly, "no." There is new technology available with lasers in dentistry that does make going to the dentist a much more enjoyable process. Drill noise and vibration, anesthetic gels and the dreaded needle pinch all create anxiety and discomfort for patients. Laser technology eliminates all of those elements while also reducing trauma to teeth and gums.

What are some of the laser technologies in your practice?

We offer several laser treatment options. The Fontana LightWalker Erbium: YAG laser has created a huge change in treatment options. We chose this laser because of its high absorption and stable hardware history and support. The Erbium laser beam is concentrated light of a specific wavelength that is



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Dr. Paul G. Wilke, DDS, AIAOMT, ACN
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Dr. Paul Wilke is one of the first dentists in the U.S. to become certified in Biological Dentistry.

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absorbed in water molecules. Tooth enamel and dentin contain high levels of water in their structure. The laser energy photons interact with the water molecules and remove microscopic bits of tooth structure with virtually no pain or discomfort to most people. The laser creates a surface on a tooth that enables high levels of adhesion for the commonly used white filling materials.

Another laser treatment is the use of soft tissue lasers to improve treatment outcomes of surgery and Periodontic procedures. The LANAP protocol for Perio disease is a proven procedure that uses the properties of the ND:Yag soft tissue laser that kills 100 percent of the bacteria in the Perio pockets.

Through the use of hard tissue and soft tissue lasers, we are able to use Low Light Laser Therapy (LLLT) to put the body's tissue into the best state of healing possible after a procedure has been performed. We are now able to perform frenectomies, gingival recontouring, crown lengthening and cavity preps with very little to no pain, very little bleeding and no stitching, all through the use of our laser technologies.

Are you able to help people with issues like sleep apnea and snoring?

Yes, and we have specific laser protocol options that can help address those issues. Conventional treatments for snoring and sleep apnea have included everything from oral appliances to uvuloplasty operations, radiofrequency tissue ablation, CPAP masks and alternative medicine. Through our NightLase technology, we are able to offer a minimally evasive laser procedure that allows us to perform non-ablative tightening of the uvula, soft palate and surrounding tissues. The laser treatment causes a tightening of the oral mucosa tissue that is responsible for sleep apnea and snoring. This non-invasive treatment is gentle, but effective.

Are there other laser treatment options that you offer?

The FOTONA laser technology has enabled us to make available a number of cosmetic applications, such as LipLase and SmoothLase treatments. LipLase is a non-invasive procedure that

will give fuller lips without injections or toxic foreign materials. The treatments boost collagen regeneration using laser energy. Results last between four and six months, comparable to injected fillers. SmoothLase treatments use your body's healing process, combined with focused laser energy, to transform the deep support layers under your skin to lift and firm loose skin around your mouth, lips and chin. It fills in and smoothens wrinkles. SmoothLase can also be used to treat under the eyes and perform minor neck lifts.



Dr. Paul Wilke is a general, biologic and laser dentist, as well as an applied clinical nutritionist who has served the greater San Antonio community with safe and innovative dental procedures for more than 30 years. He holds himself and his practice to a higher standard in the use of the most biocompatible materials available in the market today. His practice, Total Mouth Fitness, is located at 14310 Northbrook Dr., Ste. 150. For more information, visit www.totalmouthfitness.com.

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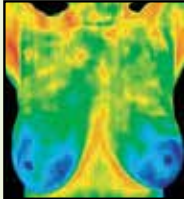
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