

What Is Guided Biofilm Therapy?

A gentler, more precise approach to professional dental cleaning.

Most of us grew up thinking of a dental cleaning as scraping away plaque and tartar, followed by polishing the teeth. Guided Biofilm Therapy—often called GBT—takes a different approach. It is a systematic method of professional dental hygiene focused on identifying and removing dental biofilm as efficiently and comfortably as possible, while preserving the natural tooth surface.



FIRST, LET'S TALK ABOUT

BIOFILM

Plaque is more complex than it looks.

Dental plaque isn't simply debris sitting on the teeth. It is an organized community of microorganisms living within a protective matrix—what we call a biofilm.

Biofilm continually forms on teeth, around the gumline, between teeth, and around dental restorations and implants. When it isn't adequately disrupted, it can contribute to:



CAVITIES



GINGIVITIS



PERIODONTAL DISEASE



PERI-IMPLANT INFLAMMATION

The goal of GBT is to find the biofilm, make it visible, and remove it deliberately.

SEE WHAT YOU CAN'T NORMALLY SEE

One of the first steps in Guided Biofilm Therapy is disclosing. A special solution temporarily colours areas where biofilm is present.

Suddenly, something normally invisible becomes easy to see.

For the clinician, this provides a map of exactly where biofilm needs to be removed. For the patient, it can be incredibly useful too—you can actually see the areas you're missing at home.

When we can see it, we can treat it more precisely.



A DIFFERENT KIND OF CLEAN

Traditional dental cleaning often relies heavily on hand instruments and polishing. GBT uses specialized technology to remove disclosed biofilm, stains, and deposits in a more targeted way.

A controlled stream of air, warm water, and fine powder gently removes biofilm from the teeth, gumline, between teeth, and around restorations or implants.

Any remaining hard deposits can then be removed using appropriate ultrasonic or hand instrumentation.

Less scraping. More precision.



AIR

A gentle, controlled stream



WARM WATER

Comfortable and effective



FINE POWDER

Removes biofilm and stains



TARGETED CLEAN

Around teeth, gums, restorations and implants

THE GBT EXPERIENCE

A systematic and personalized approach.



GENTLE DOESN'T MEAN LESS THOROUGH

One of the biggest misconceptions about a gentler dental cleaning is that it somehow isn't cleaning as well.

GBT is designed to be both thorough and minimally invasive. Rather than repeatedly instrumenting every tooth surface in the same way, the disclosed biofilm helps guide treatment to where it is actually needed.

For many patients, that can mean a cleaning that feels more comfortable while still being highly systematic.

MORE THAN CLEAN TEETH

Professional hygiene isn't simply about making teeth feel smooth. It's about controlling the bacterial biofilm associated with oral disease and helping patients maintain a healthy oral environment between visits.

That becomes particularly important for people with periodontal disease, implants, orthodontic appliances, restorations, or areas that are difficult to clean at home.

Modern dental hygiene isn't just about removing what we can see. It's about understanding—and managing—the biofilm we can't.

A HEALTHIER MOUTH. A BRIGHTER FUTURE.

Cleaner smiles start with a smarter, more gentle approach.

