

# Current Concepts of Oxygen Ozone Therapy for Dentistry in the United States

John A. Rothchild<sup>1</sup>, Bob Harris<sup>2</sup> and Phil Mollica<sup>3</sup>

<sup>1</sup>DDS, FAGD, MAGD, DAAPM, Assistant Prof., Rush University Medical School, Chicago, IL - Associate Prof. Emeritus, Capital University of Integrative Medicine, Washington, DC;

<sup>2</sup> (Please Complete)

<sup>3</sup> Philip Mollica MS, DMD, NMD, Professor, Integrative Biologic Dentistry, School of Integrative Biologic Dentistry, Professor Emeritus, Capital University of Integrative Medicine, Chief, Oro-Facial Pain, Hackensack University Medical Center, Chairman, American College of Integrative Medicine and Dentistry, Institutional Review Board

**Correspondence To:** John A. Rothchild, (address); mail: [jrothchild@aol.com](mailto:jrothchild@aol.com)

## **Introduction**

Oxygen Ozone Therapy (OOT) has been used in many countries throughout the world for many years. It has been recently gaining interest in the medical community in the wake of an increasing number of scientific and clinical papers published in international peer reviewed medical journals. Many of the basic mechanisms of ozone in vivo are now well outlined. How ozone has affected the modulation of interleukin production and additional biological pathways has been adequately explained by multiple researchers<sup>1, 2</sup>. This research has resulted in the rationale for the use of ozone in many pathological conditions related to pain, inflammation, oxidative stress, cancer, atherosclerosis, diabetes, acute infections and chronic infections<sup>3</sup>.

Conventional dentistry in the United States has been very slow to embrace OOT in part because it is not included in the didactic or clinical curriculum in any School of Dentistry in the United States. These institutions have not been receptive to investigating the possible research opportunities that would verify the previous favorable findings from institutions in Germany, Great Britain, Italy, Spain, Brazil, Cuba, Russia, etc.

The recent movement to use OOT in the United States was initiated by a small group of dentists. They attended a demonstration and participation class using OOT at Capital University of Integrative Medicine (a post doctoral program in integrative health) in 1998. Soon after that presentation, a group of eight dentists from that class decided to pursue further research into the possible benefits of OOT. The group obtained the corona discharge type of medical ozone units that utilize medical oxygen as the oxygen source and began limited clinical trials in April 2000.

After successful clinical trail results, an IRB approved study was granted by Capital University of Integrative Medicine to further research and define the uses of OOT. The primary researchers, Dr. Philip Mollica and Dr. Robert Harris, decided to utilize the evidence based research model and establish sub-investigators in a practice based research network. This model was successful and was repeated by the current research institution, The American College of Integrative Medicine and

Dentistry. To satisfy the requests of practicing dentists, Dr. Mollica and Dr. Harris, then began offering a seminar series to teach dentists the theory and clinical applications for infection control utilizing OOT. To date, they have taught OOT to over 2,000 dentists through their seminars and presentations at major meetings, both nationally and internationally.

Clinical research is currently being conducted and monitored from multiple practice based research network clinical centers throughout the United States<sup>4</sup>. As a result of the research findings, foundational protocols have been developed to address common oral infections such as periodontal disease, endodontic infections, dental decay, osteomyelitis, biphosphonate induced osteonecrosis, stomatitis and herpetic lesions. Additional therapeutic protocols have been developed for tooth related sinus infections, neuralgia, pulpal hypersensitivity, extractions, and TMJ symptomology.

The International Academy of Oral Medicine and Toxicology has endorsed OOT in dentistry as scientifically valid and is in the process of publishing a brochure to explain the value of the therapy to dentists and patients.

### **Therapeutic Modalities**

Therapeutic methods of administration of intraoral Oxygen-Ozone (OO) include: injection of gas, irrigation with ozonated water, insufflation of periodontal pockets with gas, and topical application of ozonated oil. Injection protocols include intraosseous injection of the OO gas mixture, locally into the alveolus, subgingivally, intramuscularly, inferior alveolar nerve area, and into the pterygoid space area. These injection protocols are for treatment of the many types of oral infections. Irrigation administration is also utilized for oral infections including stomatitis, herpetic lesions and periodontal infections (subgingival). Insufflation techniques are generally utilized for decay, periodontal infections and endodontic treatment. A tray technique has been developed for full arch treatment of periodontal disease, caries and biphosphonate osteonecrosis.

Extraoral therapeutic protocols include nasal and ear insufflation, temporomandibular joint injections, trigger point injections and craniofacial lymphatic injections. These modalities are used for various primary and supportive treatment techniques.

### **OO Treatment Goals in dentistry**

The therapeutic goals that support established standard of care procedures are as follows:

- Eliminations of pathogens
- Restoration of proper oxygen metabolism
- Induction of friendly ecologic environment
- Increased circulation
- Immune modulation
- Stimulation of the humoral anti-oxidant system

### **Treatment of Dental Caries and Operative Dentistry**

More than 30 studies<sup>5</sup> have been presented showing that low concentrations of OO gas causes inhibition of pit and fissure caries, root surface caries and interproximal carious lesions. These same studies have also shown that reversal of decay in carious lesions occurs with exposure to OO in as little as ten seconds. The protocols developed by the American College of Integrative Medicine and Dentistry encompass utilization of OO for procedures including pit and fissure sealants, decay removal with subsequent restoration, dentinal hypersensitivity, crown and bridge preparation, and carious exposures to name a few. The procedure is to isolate the tooth or preparation and flow the gas into the area the area to be treated slowly for 45-60 seconds. The use of proper evacuation technique is essential to avoid

inhalation of the gas. The oxidant nature of the ozone can cause an irritation to the eyes and the mucosal lining of the respiratory tract. This procedure will kill or significantly inhibit any possible microbial infection at the site with a reduction of postoperative hypersensitivity.

### **Treatment of Root Canals**

Endodontic (root canal) treatment of infected teeth has long been a treatment of choice and the standard of care in dentistry for an infected tooth. Endodontic treatment involves cleaning out the main canal or canals of a tooth with instrumentation, irrigation and chemicals (sodium hypochlorite-bleach). These canal(s) are then filled with a material called gutta percha before the tooth is finally restored with a crown. This procedure is supposed to sterilize the tooth from all the invading bacteria that subsequently caused the tooth and the surrounding bone to become infected. The classical endodontic community feels that this procedure prevents any bacteria from living within the tooth or ever invading the tooth again from the alveolar bone, thus saving the tooth. This has been a contested theory that has been disputed by the allopathic and the integrative dental community. Studies have shown that following endodontic therapy, some bacteria, fungi and viruses remain in the multitude of the very small lateral canals and dentinal tubules that transverse the tooth root and communicate with the periodontal tissue. These studies have shown that the obligate anaerobes (which can include bacteria, virus and fungi) can remain within these canals and are even found all the way to the cemento-enamel junction.

A Japanese study published in 2004<sup>6</sup> demonstrated that the use of ozonated water had the same antimicrobial activity as 2.5 percent sodium hypochlorite without the tissue toxicity. The study also showed that following ozone therapy there was high metabolic activity of the associated fibroblasts indicating an increase in the healing process. Another study<sup>7</sup> found that the use of ozonated oil was actually slightly more effective than calcium hydroxide as an intracanal medicament for the treatment of *enterococcus faecalis* in a two step procedure in dogs. The anaerobic bacteria create

a positive charge and acidic nature in the infected environment. OO is a gas that carries a negative charge and is attracted to the infected environment resulting in disinfection of the area.

Standard of care endodontic procedures are employed during diagnostics and treatment. Then OOT is used for disinfection of the root canals and dentinal tubules. The following steps should be added before the final fill of the canal(s):

- The files are coated with ozonated olive oil for lubrication and disinfection.
- The canals are prepared and then irrigated with ozonated water and dried.
- Before filling, a slow insufflation (45-60 seconds) into each canal(s) with a moderate/high concentration of OO gas using about 30 ml .

The insufflation process allows the OO mixture to travel electrochemically into the lateral canals and tubules killing the positively charged microbes by oxidizing their cell membranes.

### **Treatment of Periodontal Disease**

Periodontal disease is a multifactorial disease process in the mouth. It has been linked systemically to other diseases such as atherosclerosis, bronchitis, diabetes, preterm and low weight births, pancreatic cancer and others.

Traditional treatment has been either conservative treatment by root planing and scaling, surgical intervention with a scalpel or LASER therapy (for example the LANAP procedure with the Periolas, an Nd: YAG LASER).

In cases where treatment is by root planing and scaling, the sulci and pockets are initially irrigated with ozonated water by use of a syringe and a canula. This process will reduce the initial pathogenic load on the patient locally and systemically before the root planing and scaling procedure begins. After treatment of a quadrant or half the mouth, each pocket and sulcus is insufflated with OO gas. The gas goes directly

into the crevicular fluid and the tissues and sterilizes the area, thus eliminating the pathogenic organisms.

For patients undergoing LASER therapy with the Periolase, it is recommended that ozonated water be used during ultrasonic debridement.

For certain cases, a silicone tray isolation technique may be utilized. This involves fabrication of appliances made of silicone that fits snugly onto each arch. Each appliance has an inlet and an outlet valve. A low/medium concentration of O<sub>2</sub> gas flows continuously into the appliance saturating the teeth and periodontium with O<sub>2</sub> gas. Ozone gas is introduced into the tray through the in port of the tray. The small suction evacuator is attached to the outlet valve allowing the excess gas to be vacuumed away to prevent inhalation of the gas. This treatment requires multiple visits.

Routine recall treatment for minor cases, such as gingivitis, utilizes pretreatment rinsing with ozonated water, irrigation of the periodontium and insufflation of any periodontal pockets. In all cases, the patient is given a jar of ozonated olive oil to take home with them and apply topically to the soft tissue. This will insure a continuous dose of O<sub>2</sub> to the tissue and eliminate the microbes that create the biofilm that causes reinfection of the surrounding tissues.

### **Adjunct Therapy for Extractions, Other Surgical Procedures and Biphosphonate Osteonecrosis**

O<sub>2</sub> is so versatile that it can be used for almost any type of dental procedure. After a tooth is extracted or any basic surgical procedure it is recommended post-surgically to irrigate and insufflate the area. This reduces the positive electric potential of the wound and potential scar with the negatively charged gas or water. Healing of the wound is generally much faster and with less or no complications.

Biphosphonate necrosis has been extremely difficult to treat medically and surgically. There has been some success with O<sub>2</sub> utilizing the foundational protocols along with intraosseous injections and intraoral silicone tray treatment of the osteonecrotic lesion.

The patient is always sent home with a jar of ozonated olive oil as a postoperative dressing for the wound.

### **Extraoral techniques**

Part of the foundational protocol involves ear insufflation and nasal insufflation with low concentrations of OO. Ear insufflation is a technique to deliver the OO into the external, middle and inner ear. The tympanic membrane is vascularized and some ozone can enter the bloodstream by this route. Ozone being a potent oxidant easily perfuses into the blood and reacts immediately with a number of molecules present in the fluids such as antioxidants, proteins, carbohydrates, and polyunsaturated fatty acids<sup>3</sup>. OO, when administered nasally has to be bubbled through olive oil. This produces triozonides of triolein, which when inhaled has the same therapeutic effects as ozone itself. The foundational protocols of the American College of Integrative Medicine and Dentistry for ozone therapy also include extraoral injections of small concentrations of OO. These small amounts, usually 1.0 ml per site, are infiltrated either subdermally or subcutaneously along the path of the external jugular chain of lymph nodes, the cervical lymph node system, the thyroid lymph nodes, and the thoracic and right lymphatic ducts.

### **Conclusion**

Ozone is the perfect substance for use in dental procedures. It disinfects the tissues treated and leaves no toxic residues like chlorinated products. It performs this task by oxidizing the cell membranes of pathogenic organisms and killing them. The oxidizing effect of ozone is as follows: one molecule of ozone will kill the same number of bacteria that requires 3,000-10,000 molecules of chlorine for the same effect and ozone kills them 3500 times faster than chlorine<sup>4</sup>.

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