

THE LASER TIMES

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HIGHLIGHTS

The recent Photon Friday session delved into a highly relevant and emerging topic in the field of orthodontics – Lasers in Orthodontics and Light-Accelerated Aligners. This insightful session was led by Dr. Yavagal and moderated by Dr. Jnanshree Bhat, who guided the discussion and interactive elements seamlessly.

The focus of the session was on the evolving role of laser technology and light-based devices in enhancing orthodontic treatment outcomes.



PERSPECTIVES ON CUTTING-EDGE TREATMENT



The talk highlighted the applications of light therapies in orthodontics, both in-office and at-home. A key focus was on Photobiomodulation (PBM) using Lasers and LED devices, which are emerging as effective tools for accelerating tooth movement and reducing overall treatment time.

Dr. Yavagal opened the session by explaining the fundamental science behind light-accelerated orthodontics, setting the stage for a deeper understanding of its clinical benefits.



“THE TALK EMPHASIZED BOTH IN-OFFICE AND AT-HOME APPLICATIONS OF LIGHT THERAPIES”

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Dr. Yavagal explained how PBM works at the cellular level by influencing the RANK/RANKL (Receptor Activator of Nuclear Factor Kappa-B Ligand) pathway, which plays a key role in bone remodeling—a crucial process in tooth movement. By stimulating this pathway, PBM can enhance osteoclastic and osteoblastic activity, leading to faster and more efficient orthodontic results.

A wide range of laser applications in orthodontic practice were covered during the presentation. Among the notable techniques discussed was the use of blue wavelength lasers during the bonding process of brackets. The blue light helps achieve better polymerization of the bonding agent, thereby ensuring more effective adhesion of orthodontic brackets to the enamel surface.

A DYNAMIC AND ENGAGING LEARNING JOURNEY



“LASERS ARE BECOMING AN INCREASINGLY PREFERRED OPTION FOR MANAGING COMPLEX ORAL CONDITIONS”

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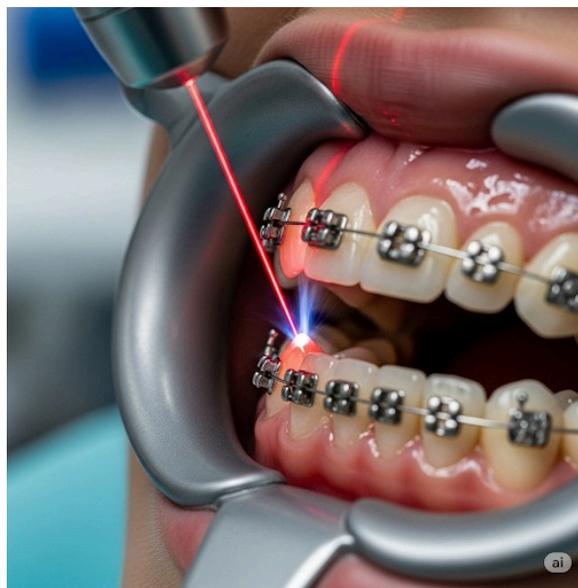
UNMATCHED INSTITUTIONAL COLLABORATION

The session concluded with a discussion on the future potential of integrating these light-based technologies into mainstream orthodontic practice.

As the field advances, the combination of biological understanding and technological innovation holds immense promise in transforming the patient experience and enhancing treatment efficiency.



A COLLABORATIVE AND ENGAGING KNOWLEDGE SHARING EXPERIENCE



Overall, the session was a valuable blend of theory, clinical insight, and practical guidance, providing attendees with a deeper understanding of how Laser and LED technologies can be strategically incorporated into orthodontic workflows.



“SUCH TOOLS CAN BE USED AS ADJUNCTS TO ALIGNER THERAPY”

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LASER STAR OF THE MONTH



Dr. Neha Sodhi Khajuria

- Periodontist , Implantologist and Laser Specialist
- Founder and Course Director at The Dental Files

DR. NEHA SODHI KHAJURIA

Dr. Neha Sodhi Khajuria is a clinician with 15 years of experience and a strong passion for teaching.

With two years in Laser dentistry, she's drawn to its precision, versatility, and minimally invasive benefits—especially in pain management and faster healing. Inspired by Dr. Chandrashekar Yavagal, her preferred procedures include pre-procedural PBM, Laser Bacterial Reduction, Excisions, and Frenectomies, using the Novolase Duo.

She aims to enhance clinical outcomes, simplify treatments, and provide more patient-friendly care, while also contributing to education through lectures and workshops.

Her key advice: understand laser science thoroughly before practice. With less than 10% of dentists globally using Lasers, she sees a significant opportunity to transform dental care and boost clinical growth through wider adoption of laser technology.



“SIGNIFICANT OPPORTUNITY TO TRANSFORM DENTAL CARE AND BOOST CLINICAL GROWTH THROUGH WIDER ADOPTION OF LASER TECHNOLOGY”

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LASER PRODUCT OF THE MONTH



Each patient receives a customised unit in their Aligner kit, specifically engineered to:

- Accelerate bone remodelling
- Enable faster tooth movement
- Reduce pain and inflammation
- Promote improved cellular recovery and optimum soft tissue health throughout the course of orthodontic therapy.

Light Accelerated Aligners - Smylaxis by Novolase

Smylaxis is an advanced Orthodontic Aligner system which integrates state-of-art Low dose biophotonic therapy utilising a multiwavelength MIC device based on - Magnetic Induction Charging. This system is designed to enhance orthodontic treatment outcomes by accelerating the rate of teeth movement whilst making the treatment absolutely painless. The specially designed low dose biophotonic multi-wavelength device emits polarised red, blue and combo coherent red-blue spectrum, offering three distinct modes. The device is programmed to switch off automatically for safety and convenience. It can simultaneously treat upper and lower arches synergetically with aligners or traditional orthodontic braces.

The technology is based on the low dose biophotonic modulation OPG-RANK-RANKL hypothesis.

Specific wavelength Photon guidance and optimum energy transfer stimulates the cellular mitochondria, triggering photochemical reactions that enhance bone metabolism and turnover. This process speeds up orthodontic tooth movement, allowing for faster aligner changes while also minimising discomfort and inflammation. The same device is excellent for cellular analgesia and for enhancing periodontal health of the patient undergoing aligner therapy or traditional braces.

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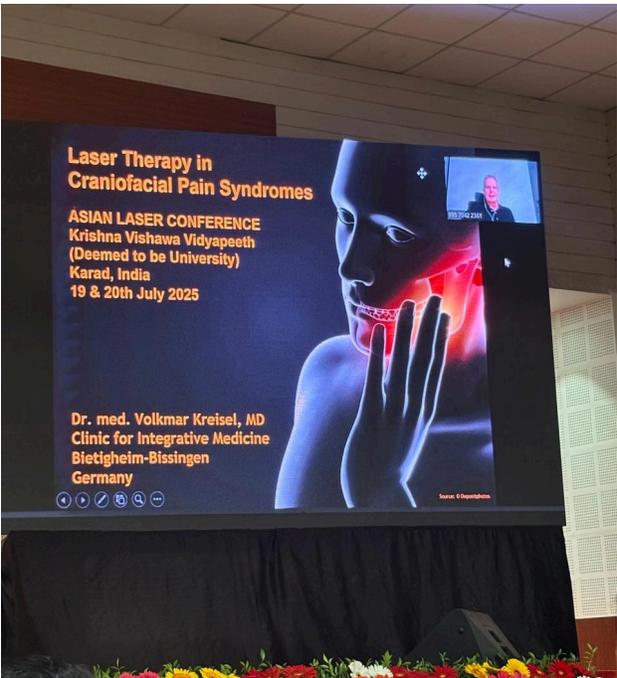
LASER EVENT OF THE MONTH



The Asian Laser Conference, held at Krishna Vishwa Vidyapeeth, Karad in collaboration with the Asian Academy of Laser Therapy, featured four renowned keynote speakers: Prof. Shekar Yavagal, Dr. Volkmer Kreisel, Prof. Anja Fuchtenbusch, and Prof. Dr. Tilman Fritsch.

Topics ranged from photobiomodulation to laser applications in TMJ disorders and sports dentistry.

Poster presentations were showcased by various participants, and a panel discussion was conducted featuring Dr. Jnanashree Bhat, Dr. Sachin Mangalekar, Prof. Shekar Yavagal, Prof. Dr. Tilman Fritsch, Prof. Anja Fuchtenbusch, and moderator Dr. Siddharth Varma.



ASIAN LASER CONFERENCE AT KRISHNA VISHWA VIDYAPEETH, KARAD