

TOP 10 TIPS FOR SUSTAINABLE DENTISTRY

1. PREVENT

- Promote healthy lifestyles & diets: encourage a diet in locally sourced fruit & veg
- Empower patients to reduce the need for treatment: deliver preventative advice about oral health

2. UNDERSTAND THE FACTS

- Be aware of legislation re. duty of care, and your responsibility to take a holistic approach to patient care
- Refer to guidelines and evidence based practice

3. RECONSIDER SEDATION

- Consider alternative methods: patient management first then sedation and general anaesthetic as a last resort
- Using nitrous oxide can make up 80-90% of the procedure's carbon footprint

4. COMMUNICATE BETTER

- Offer advice over the phone to reduce unnecessary travel
- Go paperless where possible: send reminders via text / email

5. PRESCRIBE LESS

- Only prescribe where necessary and accurate
- Drugs have a considerable carbon footprint & repeat antibiotic use leads to resistance

6. PROCURE MINDFULLY

- Purchase less & re-use
- Bulk buy & consolidate lab work & deliveries
- Consider the sustainability of the manufacturing process when purchasing equipment

10. ADAPT

- Introduce emergency resilience procedures e.g. business continuity planning in case of flooding

9. DRIVE LESS

- Encourage staff & patients to use public transport, car pool, cycle or walk
- Adopt cycle friendly policies for staff and provide cycle racks on site

8. SAVE ENERGY

- Use energy saving bulbs & sensors
- Switch off equipment when not in use - this reduces cost and energy consumption

7. REDUCE, RE-USE, RECYCLE

- Reduce waste: use digital x-rays
- Segregate waste correctly to save on disposal costs and pollution from incineration
- Provide recycling bins

Dentistry has environmental impacts which affect health and healthcare. Sustainable dentistry is good for patients and good for the practice

www.networks.sustainablehealthcare.org.uk/dental-susnet

