

## **”I immediately notice the difference if I have another instrument in my hand. It’s in the feel.”**

### **- Interview with dental hygienist Ingegerd Högberg**

She is naturally a big part of the solution, but few have more clinical experience than Ingegerd Högberg, when it comes to LM instruments!

Ingegerd, you are known for your recommendations for LM instruments. How did you become such a big fan?



- ”They were the first instruments I came into contact with when I started school. At that time we were using Gracey curettes for deep deputation: the Gracey 11-12 and 13-14. I think that LM instruments are really stable to work with compared to other instruments. Breakage on an LM instrument is extremely rare and they feel secure and stable.”

What do you think of the working end thickness compared to those of other manufacturers?

- ”You notice right away. It’s a totally different instrument even though you might not readily notice any difference – it’s in the feel. LM

- instrument working ends are very smooth and a pleasure to work with.”

Are there any clinical advantages to having handles of different thicknesses (diameters of 8.5 mm and 11.5 mm)?

- ”Absolutely. I don’t recommend using a thin handle when deputation. Your hands will get tired and cramp up fast, which never happens with the thick Ergomax handles (11.5 mm). I even recommend using a thick mirror handle, because you have to hold it so still. You almost always have to hold the tongue or lips out of the way, which as everyone knows is a neverending battle.

What do you think of the Langer curettes and the suggestion that you only need three instruments for the entire dentition?

- ”Personally, I prefer the Gracey curettes, but when it comes to the Langers, I would recommend using the mini version with a long shank and small working end. The standard Langer is good for periodontal operations as well as patients who have very edemetic gums.”

Which deputation instrument do you recommend for the general dentists and which for the specialists?

- ”For general dentists, I would first recommend a good scaler, like the LM23, and then a universal curette, which can be used for the entire dentition, both subgingivally and supragingivally. For specialists, I would go with the Gracey curettes, especially the 11-12 and 13-14. I also like the special angling of the 17-18, which is almost counterangled, for use distally on the last upper molar. I would also recommend the Mini Syntette for the specialist. You can use it to get into deep pockets, root grooves and furcations. The standard Syntette is an excellent instrument for periodontal surgery – it’s strong and stable. Furcation and concavity diamond files are good instruments to have on hand, especially for periodontal operations.

Which deputation instruments and other LM products do you use?

- "The first instruments on my deputation tray are the 11-12 and 13-14 Gracey curettes. I also use a Gracey 9-10 for horizontal deputation, especially lingually on the lower molars. And then, of course, my favourite, the Mini Syntette. Because I work at a specialist clinic, I don't use sickles so much, but when I do need one I prefer the LM23, which has a straighter and narrower working end than the mini sickle. I think it's good practice to keep as few instruments as possible on the tray. You should stick to your favourites."

Is the implant scaler good for the deputation of implants? What are its pluses? Minuses?

- "I've tried the implant scaler and I think it is totally superior to previous implant instruments, which often break during deputation. In some cases it might be better if it were a bit thinner."

Have you tried other sharpening machines than Rondo? If so, what do you think are the greatest differences between them?

- "I've tried several different sharpening machines. One machine made the instrument very sharp in a short time, but the heat buildup was very high and the instrument got worn down fairly quickly. Rondo is easy and safe to use. It's important that the machine isn't too complex, with a whole bunch of complicated hand positions to learn. Otherwise, it'd probably end up sitting in a cabinet unused."

What is your opinion of LM instrument durability?

- "I've noticed a marked increase in the service life of the instruments since LM introduced its new DuraGrade steel. I don't have to sharpen my instruments as often now, nor do I have to replace them as often as before. Working with 24 patients every week, I have to replace my instruments once every year."

Why are LM's lockable instrument cassettes so good?

- "The lockable cassettes are great to have, especially when you put it in the washer disinfectant, which has an extremely high rinsing pressure. I can put the tray in the washer any way I want, because nothing can come loose when I lock in the cassette. It's important that you don't

put loose instruments in the washer basket. The sharpness of the instruments will be lost during the cleaning, and might even need to be resharpened. Examination instruments shouldn't be put in the basket loose, either. Explorers can bend and the ball tips on periodontal probes can be damaged. Not very economic or what?

FACTS

Name: Ingegerd Högberg

Occupation: Dental hygienist; almost 25 years of clinical work experience

Year graduated: 1978

Place of employment: Dana Clinic; Specialist dental care in town of Mörby, where Ingegerd works 60% of the time.

Miscellaneous: In demand as a dental instrument product specialist in various capacities throughout Sweden.

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