Elaina Grant, RDH, QOM

Elaina Grant graduated Summa Cum Laude with her Bachelor's of Science in Dental Hygiene (BSDH) from Old Dominion University. She is a Registered Dental Hygienist (RDH) and Qualified Orofacial Myologist (QOM). She has held many professional roles with experience in cosmetic, periodontal and airway dental practices as well as clinical instruction. She currently works as an adjunct clinical faculty at Old Dominion University and as a Dental Hygienist at Cusp Dental Boutique in Virginia Beach, VA. She is passionate about the oral-systemic link, with special interest in periodontal disease and airway/myofunctional disorders.

"Oxygen-Ozone & Oral Health: Harnessing the Power of O_3 "

Course Description:

When dental professionals in the United States hear the word **"ozone,"** dentistry may not be the first thing that comes to mind. Instead, many associate ozone with the atmospheric layer that protects our planet by absorbing harmful ultraviolet (UV) radiation from the sun. What may be less familiar is that oxygen-ozone therapy has been explored and utilized in dentistry for nearly a century. While ozone therapy remains an emerging adjunctive approach in the United States, it has been more widely incorporated into dental care in parts of Europe and South America.

This course will explore the science, clinical applications, and safety considerations surrounding ozone therapy in modern dentistry. Participants will learn about ozone's chemical properties and mechanisms of action, differentiate between common delivery methods, and examine current and emerging applications in preventive, periodontal, restorative, endodontic, and surgical care. The course will highlight the potential role of ozone in dental hygiene, including biofilm management, periodontal therapy, caries prevention, and patient education, while emphasizing appropriate safety protocols, contraindications, and evidence-based clinical decision-making.

Learning Objectives:

Upon completion of this course, the dental hygienist should be able to:

1. Define ozone therapy and describe its chemical properties and mechanisms of action relevant to dentistry.
2. Differentiate between the various forms and delivery methods of ozone used in dentistry, including ozonated water, ozonated oils, and gaseous ozone.
3. Identify current and emerging applications of ozone in preventive, periodontal, restorative, endodontic, and surgical dental care.
4. Discuss the potential role of ozone in dental hygiene practice, including biofilm management, periodontal therapy, caries prevention, and patient education.
5. Recognize safety considerations, contraindications, and proper handling protocols associated with ozone use in the dental setting.