

THE LASER TIMES

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HIGHLIGHTS

In a groundbreaking event that brought science, innovation, and practical insight together, AALT (Asian Academy of Laser Therapy) hosted a one-of-a-kind masterclass led by none other than Prof. Praveen Arany, a globally recognised expert from Buffalo University, New York, USA.

This event was held under the ILS (International Laser Specialists) banner and was actively supported by recognised world bodies like WALT, NAALT and IADR. This session was nothing short of a revelation for participants, especially for AALT life members



HARNESSING THE POWER OF LIGHT FOR ADVANCED DENTAL HEALING.



Prof. Arany's masterclass focused primarily on the recent advances in PBM therapy, with particular attention to the mechanisms of action and optimal dosing protocols

One of the most crucial takeaways was the importance of accurate dosing—how precise energy parameters can significantly impact treatment outcomes. He talked in detailed about the concept of PHOTON FLUENCE and why 810nm wavelength is termed 'EINSTEIN'



“DELVED DEEP INTO THE CUTTING-EDGE FIELD OF PHOTOBIMODULATION”

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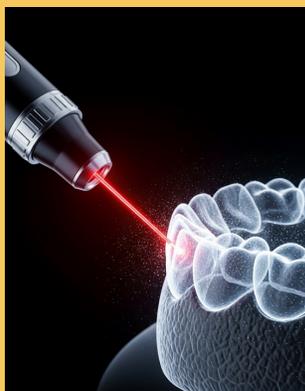
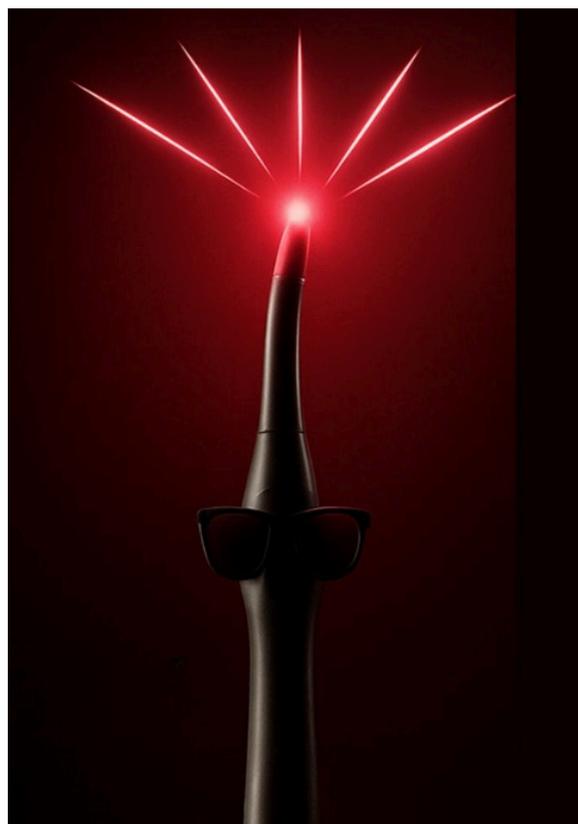
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HIGHLIGHTS

Discussions also extended to the policy and regulatory frameworks shaping the use of PBM and PDT therapies in clinical settings, ensuring participants were up to date with not just the “how” but also the “why” behind every protocol.

The session wasn't just theoretical. Participants actively engaged in Q&A segments, raising important queries around PBM dosing, practical applications, and integration into dental workflows. Prof. Chandrashekar Yavagal from India moderated the session and himself with Prof. Arany answered every question with clarity and depth, making complex concepts accessible and relevant to everyday practice.

AN INTERACTIVE LEARNING EXPERIENCE



“REFERENCED A WIDE RANGE OF CLINICAL AND LABORATORY STUDIES BEING CONDUCTED ACROSS THE WORLD”

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UNMATCHED INSTITUTIONAL COLLABORATION

This was more than just a masterclass – it was a collaborative endeavour supported by three world-class institutions, making it a truly unparalleled academic experience. For many attendees, it was the first time witnessing the depth of research happening at the cellular levels, offering a whole new perspective on how light-based therapies are reshaping modern dentistry.

AN INTERACTIVE KNOWLEDGE EXCHANGE



Events like these are a testament to AALT's unwavering commitment to excellence. By providing exclusive access to such enriching sessions, AALT ensures that its life members are always 10 steps ahead in the game – empowered with knowledge, innovation, and the tools to elevate patient care.



“IT WAS A POWERFUL REMINDER OF HOW SCIENCE AND INNOVATION CAN TRANSFORM PRACTICE”

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LASER STAR OF THE MONTH



Dr. A. Siddharth Varma

- Periodontist , Implantologist and Laser Specialist
- Associate Professor Department of Periodontics - School of Dental Science , Karad

DR. A. SIDDHARTH VARMA

Dr. A Siddhartha Varma, an esteemed Academician and Consultant with 15 years in practice. Driven by a passion for upgrading with the latest knowledge and teaching it, Dr. Varma is a true innovator in the field

With 4-5 years of experience in laser dentistry, he's particularly passionate about the photobiomodulation aspect. He credits Dr. Chandrashekhkar Yavagal and Dr. Sachin Mangalekar as his inspirations. Dr. Varma's go-to procedures are PBM and PDT, utilizing Novolase Gold equipment. He envisions expanding the scope of evidence-based laser dentistry, pushing skills, and inspiring others to transform patient care. His secret to success? Quality training, staying updated, networking, and "preaching only what I practice ethically." He encourages us to shape the future of laser dentistry, reminding us that "true mastery is about the passion in our hearts and knowledge in our minds."



“TRUE MASTERY IS ABOUT THE PASSION IN OUR HEARTS AND KNOWLEDGE IN OUR MINDS :DR. VARMA”

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LASER PRODUCT OF THE MONTH



The formula is pH-balanced to maintain the mouth's natural environment and support long-term enamel integrity.

NOVOLASE 24K Whitening Strips is free from alcohol, parabens, and artificial dyes

NOVOLASE 24K Whitening Strips are designed with a science-backed approach to teeth whitening.

They use PAP (Phthalimidoperoxycaproic Acid), a peroxide-free agent that breaks down stains without releasing free radicals, reducing the risk of sensitivity and irritation.

The formulation includes activated charcoal, which helps absorb surface stains, and coconut oil, known for its antimicrobial benefits and gentle polishing effect. Additionally, these strips contain specific sensitizers that interact with certain light wavelengths, making them compatible with laser-based whitening procedures.

Together, these elements offer a multi-step method to address both surface and deeper discoloration while maintaining enamel safety and overall oral health.



“ADDRESSING STAINS AT MULTIPLE LEVELS – FROM SURFACE DISCOLORATION TO DEEPER-SET PIGMENTS”

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LASER EVENT OF THE MONTH

The first module of our laser certification program, led by Novolase KOLs Dr. Shashank Vijapure and Dr. Shruti Kumbhare, offered comprehensive clinical training. Participants gained hands-on experience in diverse laser-assisted procedures, including Photobiomodulation (PBM), Photodynamic Therapy (PDT) for periodontal disinfection, and laser management of Oral Submucous Fibrosis, crown lengthening, operculectomy, and both labial and lingual frenectomies. This practical approach, guided by experts, showcased real-time laser applications, enhancing patient comfort and outcomes.



PROGRAMME AT JKKN DENTAL COLLEGE AND HOSPITAL, TAMIL NADU