

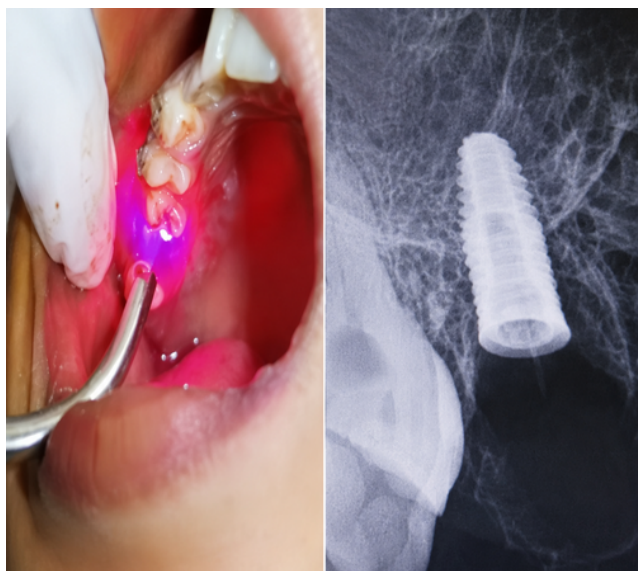
THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

HIGHLIGHTS

The latest edition of Photon Fridays featured an insightful session by Prof. Chandrashekar Yavagal on the Science and Clinical Applications of Photodynamic Therapy (PDT) in modern dentistry.

The session explored the fundamentals of PDT, including the Photodynamic reaction and how Photosensitizers interact with specific wavelengths of light to deliver targeted antimicrobial action while preserving healthy tissues.



THE PHOTON FRIDAYS SERIES



Prof. Yavagal discussed commonly used photosensitizers such as Methylene Blue, Toluidine Blue, and Indocyanine Green (ICG), highlighting their applications across various dental disciplines. Supported by scientific evidence and clinical case outcomes, the session demonstrated how PDT can be effectively integrated into everyday dental practice.

Beyond treatment benefits, the session highlighted PDT's potential to enhance patient care, expand clinical possibilities, and create new opportunities for practice growth. Participants gained both scientific knowledge and practical insights to confidently incorporate PDT into their clinical workflows.

“PHOTON FRIDAYS: UNLOCKING THE POTENTIAL OF PHOTODYNAMIC THERAPY IN EVERYDAY DENTISTRY”

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)[©]

HIGHLIGHTS

As part of the Photon Fridays educational series, Dr. Jnanashree Bhat conducted an engaging session on Laser Physics, Safety, and Tissue Interaction, providing participants with essential scientific knowledge for Safe and effective Laser practice.

The session explored the fundamentals of Laser Physics and explained how parameters such as wavelength, power, and exposure influence tissue response and clinical outcomes. Dr. Jnanashree also discussed laser-tissue interactions, helping participants understand how different wavelengths behave across various clinical situations.



A key focus was Laser Safety, covering essential protocols before, during, and after procedures, as well as potential hazards associated with improper laser use. Practical guidance on maintaining a safe clinical environment, minimising risks, and following standard operating procedures was also emphasised.

By combining scientific principles with practical clinical insights, the session reinforced laser physics and safety as the foundation for predictable, efficient, and responsible laser dentistry.



“PHOTON FRIDAYS: LASER PHYSICS, SAFETY, AND TISSUE INTERACTION”

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

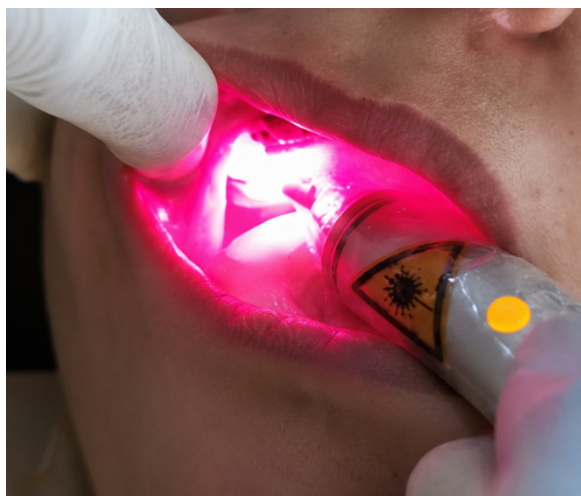
HIGHLIGHTS

As part of the Photon Fridays educational series, Dr. Akshaya Lal delivered an engaging session on Diode Laser Surgery and TOTS (Tongue-Tie and Oral Tissue Surgery) Applications, providing participants with a practical and evidence-based approach to integrating laser-assisted soft tissue procedures into everyday clinical practice.

The session explored the wide range of soft tissue surgeries possible with Diode Lasers, covering case selection, laser parameters, surgical protocols, and clinical techniques for achieving predictable and minimally invasive outcomes. Key advantages of laser-assisted surgery, including enhanced precision, improved haemostasis, reduced post-operative discomfort, and faster healing, were also discussed.



RESEARCH-BACKED DISCUSSIONS



A dedicated segment focused on TOTS applications, with Dr. Akshaya explaining the complete clinical workflow, from diagnosis and case selection to surgical execution and post-operative care. Clinical cases and practical tips further demonstrated the role of laser technology in improving efficiency and patient outcomes in tongue-tie management.

The session encouraged participants to embrace Laser-assisted surgery as a precise, patient-friendly, and progressive approach to modern soft tissue dentistry.

“PHOTON FRIDAYS: DIODE LASER SURGERY AND TOTS APPLICATIONS ”

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

LASER STAR OF THE MONTH



Dr. Chirag K. Nebhani

- **Associate Fellow in Laser Dentistry and Photomedicine (AFLD),**
Asian Academy of Laser Therapy (AALT), Singapore
- **Founder & Lead Dental Surgeon,**
Satyam Laser & Digital Dental Clinic, Ahmedabad.
- **17+ years of clinical excellence**

DR. CHIRAG K. NEBHANI

Dr. Chirag K. Nebhani, a clinician with 17 years of experience, is passionate about painless dental treatment and ensuring every patient leaves the dental office with a beautiful smile. With 6 months of experience in Laser dentistry, his key interests include Photobiomodulation (PBM), pain management, and laser-assisted endodontics.

Inspired by Dr. Chandrashekhar Yavagal Sir, Dr. Nebhani's go-to laser applications include PBM, post-surgical healing, and laser endodontics.

He currently uses the Novolase GOLD 2.0 and envisions transforming his practice into a Pain-free Laser Dental Clinic, incorporating lasers across clinical procedures.

His approach is based on following evidence-based protocols taught by his mentors and continuously seeking guidance from the Novolase team.

For Dr. Nebhani, laser dentistry represents the true purpose of dentistry—providing fearless, comfortable, and patient-focused care while transforming lives through technology.



“FROM PBM TO LASER ENDO: A JOURNEY TOWARDS FEARLESS DENTISTRY ”

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

LASER PRODUCT OF THE MONTH



NovoGreen® is an advanced Photodynamic Therapy (PDT) photosensitizer combining ICG with Chitosan Nanotechnology for improved biofilm adhesion and retention in periodontal pockets and peri-implant spaces.

Activated by an 810 nm Laser, it generates reactive oxygen species that target pathogenic bacteria while supporting healthy tissue preservation.

Chitosan's bioadhesive and inherent antimicrobial properties help keep the photosensitizer at the treatment site, enhancing local availability compared with conventional solutions that may be rapidly diluted or displaced.

Designed for periodontitis and peri-implantitis management, NovoGreen® offers a minimally invasive, antibiotic-free adjunct to conventional periodontal therapy, supporting effective decontamination and predictable clinical outcomes.

**NovoGreen®: Better Retention.
Better Photodynamic Action.
Smarter Periodontal Decontamination.**

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

LASER EVENT OF THE MONTH

The Gold Class Laser Workshop 2.0, a two-day intensive program in Laser Dentistry, concluded successfully at Mandent, Bengaluru, with enthusiastic participation from dental professionals across the country. The workshop aimed to bridge the gap between laser science and clinical practice through evidence-based lectures, live demonstrations, and hands-on training.



Live demonstrations covered depigmentation, dentinal hypersensitivity, canal disinfection, conscious sedation-assisted procedures, and other clinical applications. Hands-on training using goat jaw specimens and extraction models further strengthened participants' practical skills.

The workshop concluded with certificate distribution, reaffirming its commitment to advancing evidence-based laser dentistry.



Day one featured Dr. Shruti Kumbhare on Laser physics and Photobiomodulation, followed by Dr. Akshaya Lal on laser applications in endodontics. Day two included Dr. Shashank Vijaypure on Photothermal Therapy and the Hot Tip Phenomenon, and Dr. Shrinidhi Bhatt on conscious sedation and laser-assisted surgery.



"GOLD CLASS LASER WORKSHOP 2.0: ADVANCING CLINICAL EXCELLENCE IN LASER DENTISTRY"

THE LASER TIMES

OFFICIAL PUBLICATION OF THE ASIAN ACADEMY OF LASER THERAPY (AALT)®

LASER CASE OF THE MONTH



Laser Success Story

A 16-year-old female undergoing fixed orthodontic treatment presented with gingival enlargement in the mandibular anterior region, along with burning sensation and bleeding of the maxillary anterior gingiva.

Clinical examination revealed inflammatory gingival enlargement and inflammation associated with chronic mouth breathing. After informed consent, laser-assisted treatment was performed using the Novolase Duo laser console (980 nm and 650 nm). Gingivectomy was performed using a 980 nm diode laser at 2000 mW in pulsed mode with a 400 μ m initiated tip.

The maxillary gingiva received two sessions of Photobiomodulation using Combo Coherence (650 nm + 980 nm), one week apart.

At the 10-day follow-up, healing was uneventful with well-contoured gingiva. Maxillary inflammation was significantly reduced, with complete resolution of burning and bleeding.

The combined laser approach provided minimally invasive treatment, predictable healing, enhanced comfort, and excellent clinical outcomes.

**“Laser-Assisted Management of Orthodontic Treatment-Associated Gingival Enlargement with Concomitant Mouth Breathing-Associated Gingival Inflammation”
A Case Summary by Dr. Neha Sodhi Khajuria**