

Christian Dental Society News-Brief April 2018

*"Love one another. As I have loved you, so you must love one another. By this all people will know that you are my disciples, if you love one another."
John 13:34-35*

Thanks to all who are serving and contributing to God's kingdom around the world.

Dr. Ronald Fritz, and Dr. Bob and Diane Meyer just returned from the Oregon dental convention where they impacted others towards dental missions. Dr. Ronald and Dr. Bob lectured and encouraged many towards voluntarism in a three-hour presentation. The CDS will have an exhibit booth at the upcoming American Academy of Cosmetic Dentistry convention on April 19-21 in Chicago, at the Texas meeting in San Antonio on May 3-5, and in Anaheim, California convention on May 17-19.

The American Dental Association, the International College of Dentists and the Academy of Dentistry International are hosting an **"International Volunteer Project Workshop," to explore the challenges and to help develop best practices for dental voluntarism.** This will be held on Friday, May 11, at the ADA headquarters at 211 East Chicago Avenue in Chicago. Dr. Bob Meyer will be representing the Christian Dental Society, but if you are interested and available, please participate by contacting Briana Fitzgerald at rowlandb@ada.org or call the ADA Foundation at 312-440-2727 to sign up.

The CDS has recently contracted with **UPS for a reduced rate for shipping** packages for our rental equipment and kits. All billing will now go directly to Tina at the CDS home office. For example, Dr. Randy Sanders, who maintains and ships our kits, was getting a 10-15% discount. He paid the shipping bills and sent them to Tina, who then billed the customers. Now the billing goes directly to Tina, which saves time and cuts out the middle man. Shipping for a package went from \$34 to \$21.50, which now saves an additional 15-20%.

Aseptico, who makes the self-contained Task Force Deluxe Dental Operating Unit that CDS rents out, has replaced the breakage-prone case. Now there is a

significantly stronger, reinforced case. Two CDS units, in which the cases were broken, are being refitted into the stronger cases. If you have an old Task Force unit needing a new case, consider sending it into Aseptico. Call their customer service department at 866-244-7095 for instructions. The CDS still gets a 20% discount on Aseptico equipment for being a non-profit organization.



New Reinforced Aseptico Task Force Deluxe Case

The CDS has used the **pressure pot method of sterilization** for over 30 years as an effective, efficient, easy to use, inexpensive, and dependable method of achieving true sterilization. It uses the same principle as a steam autoclave, but does not have all of the gadgets and only needs a source of heat (an electric element, a propane or gas heater, or even a fire). It generally takes about five minutes to heat the pot of instruments to a pressure to 24 PSI, as evidenced by the regulator on the top starting to dance or jiggle as the excess pressure is released.



Pressure Pot on Electric Element



Ring which goes on Regulator

Field-tested hints for pressure pot sterilization:

1. If the regulator is dancing too vigorously, because the heat source is too hot, it is possible for pressure to build up in the pot and exceed 30 PSI, which will cause the rubber safety valve in the lid to pop off forcefully. To avoid this, turn the heat source down, so the regulator just softly jiggles on the lid while sterilizing.
2. If using an electric heating element (1000-1500 watt element is sufficient) and the pot is not heating up fast enough, the problem is usually in the current coming to the element. If the voltage to the heating element is too low, it will not heat properly. You may need a voltage regulator or may require another heat source. The most reliable sources of heat are propane or gas heaters, which are usually available and procurable by your host in country.
3. If your pot is steaming and releasing pressure around the sides, it does not have a good seal (the regulator may not dance as pressure is being released off the side) which can be caused by:
 - a. Most often, an instrument—like an explorer—catches on the lip of the pot.
 - b. The rubber sealing ring may be old and dried, or you may have burned it by not putting enough water in the pot (about half a cup or a little more). Often, if not too damaged, it can be softened with a little oil. If not, replace the rubber ring. It is recommended that an extra ring is carried with sterilization supplies, because you can't predict when the ring will go bad.
4. If there is particle contamination in the pot, because the instruments haven't been cleaned well, or particles get into the pot, the hole in the lid, where the pressure is released, can get plugged. If you can't see through the hole in the lid or blow air through it, clean it. When pressure can't be released through the pressure relief hole the rubber safety plug will blow at about 30 PSI of pressure.
5. The safety valve near the lid handle, which keeps the pot from being opened when there is pressure in the pot, can get stuck. If this happens take an instrument, like the end of a mirror and release it.

6. You do not need sterile or pure water to put in the pot, but if the water being used is dirty or full of minerals, deposits will build up on the instruments over time. It is suggested that bottled drinking water be used if the local water source contains excessive minerals.
7. Put enough water in the bottom of the pot so there is a little water left over after 10-minutes of sterilization, but not so much that the instruments sit in the water. If the rack on the bottom of the pot gets bent down, bend it back up or put a metal spacer, like a large metal nut, to reinforce the rack. The instruments shouldn't be in water, as the pressure and steam are needed to sterilize the instruments in 10 minutes.
8. Pot holders are good to have, as the pot gets hot, and they also work well to set the pot on after taking it off the heat source.
9. If the loud hissing or shrill sound of the pressure being released is irritating (after you remove the pressure regulator from the lid), you can place a pot holder or a small towel over the hole and it will stifle the noise.
10. It is quickest to remove the hot, sterilized instruments by opening the lid, draining the excess water using the lid to hold the instruments in the pot, and then dumping the instruments. If your hands are not strong enough, you can use a set of tongs to individually remove the instruments.
11. Many recommend using a wind-up egg timer with a loud ding (since the clinic can be noisy), as it avoids batteries, is inexpensive, and is easy to set to 10 minutes. You can use a phone, watch, or digital timer, but it is uncertain whether those who will do the sterilization will have a timer.
12. Instruments can be placed in sterilization bags, but most teams are turning the instruments over so rapidly that bagging is not done.
13. Since the pressure and the temperature are less than most sterilizers used in dental offices (dental office steam autoclave sterilization is usually done in five minutes at 30 PSI), the pressure pot is less harmful to handpieces. Disposable suction tips can be sterilized and reused to save on cost and to cut down on how many need to be taken.
14. If there is a dedicated, fairly efficient, sterilization person, a team can generally run from 6-10 chairs (doing restorative and surgery) with one pressure pot, since the total turnaround time is only about 20 minutes. This saves on the number of instruments needed.

Although the pressure pot is not recognized by the FDA as a sterilizer and can not technically be used in your offices in the United States, it is a viable sterilizer and has never failed a spore test. See our CDS website at www.christiandental.org for directions and a validation letter under CDS resources.

Teams should always sterilize instruments. Don't settle for chemical disinfection. If you can come up with other field-tested hints to help sterilize better please send suggestions to Dr. Bob Meyer at bdmeyer@comcast.net or give him a call at 719-351-2152.

The CDS is planning to meet again, have social gatherings, and hold our yearly Board Meeting at the ADA Dental Convention, which will be held in Hawaii on October 18-20, 2018. CDS will not have a designated hotel in Hawaii, but several are staying at the Aqua Aloha Surf Waikiki at 444 Kanekapoiei Street. If it is not in your plans to go all the way to Hawaii, please come to the San Francisco ADA meeting, September 5-7, 2019.

One of the Christian Dental Society ideals is to build unity in the body of Christ as Paul exhorts us in Ephesians 4:12, "... to prepare God's people for works of service, so that the body of Christ may be built up. . ."