

# Best-of tips for your „green” journey



## Employees

- ✓ Get your whole team on board with your sustainability mission.
- Join an initiative for green dentistry for additional motivation and support.
- Provide your team with reading material such as articles on sustainable dentistry, or even offer additional training by visiting workshops as a whole team.
- Regularly evaluate your progress and discuss it with your team.
- Support environmental projects.
- Consider providing employees with public transport tickets for their journey to and from work.

## Patients

- Let your patients know what measures you are already taking, e.g., on your website.
- Educate patients, e.g., by placing brochures in the waiting room containing green tips.
- Put up signs in the washroom reminding people to turn the faucet off when brushing their teeth or washing their hands.
- Ask your patients to bring their own toothbrush and cup. If they do not, provide them with a new one made from eco-friendly materials.

## Office and organization

- Digitize patient appointment management and your invoicing system.
- Reduce your energy consumption by paying attention to efficiency (devices and equipment) and increase your percentage of renewable energy (e.g. with your own PV plant on the roof?).
- Optimize your material management.
- Switch to digital x-rays and dental impressions.
- Collaborate with regional suppliers and distributors to minimize transportation routes.
- Central procurement management avoids unnecessary packaging or trips.
- Display sustainability certificates and celebrate each goal you have reached.

## Products, materials, and devices

- Find a brand you can trust and invest in high-quality products.
- Go with state-of-the-art technology.
- Repair rather than replace.
- Reduce waste by going digital and paying attention to reusable materials. Otherwise, recycle diligently – the “big five” are: plastic, paper, aluminum, glass, and steel.
- Look into biocompatible denture materials.
- Avoid amalgam, if possible.
- Avoid polishing paste containing microplastics.

