

# The role of ergonomics in periodontal and oral surgery

## Optimising performance

In the intricate world of periodontal and oral surgery, precision and attention to detail are crucial. However, an often overlooked yet integral factor in achieving successful outcomes is the ergonomics of the dental workspace. Achieving optimal outcomes in periodontal and oral surgery relies not only on clinical expertise but also on the seamless integration of ergonomics into the dental workspace. Maintaining body posture in a neutral position as much as possible, minimising the leaning or bending towards the patient, results in fewer injuries and musculoskeletal defects. Dentistry often involves prolonged periods of repetitive tasks and precise movements, which can lead to musculoskeletal issues if proper ergonomic principles are not applied. The International Journal of Environmental Research and Public Health published a study (Jacquier-Bret, J., Gorce, P., 2003) stating that over 60% of dentists experience some form of musculoskeletal pain during their career.

Ergonomically designed seating, e.g. The Bambach Saddle Seat, enables practitioners to achieve and maintain optimal postures and creating an environment conducive to delivering precise and effective treatments. Its unique patented saddle-shaped design promotes a neutral spine, reducing strain on the lower back and providing unparalleled support for precise and intricate procedures. Most of us find ourselves with collapsing C-shaped curved spines, compressing our organs and encouraging posture-related health problems.



### Precision and accuracy

Maintaining the right posture and positioning during surgery is crucial for precision. The Bambach Saddle Seat promotes a neutral spine, reducing strain on the lower back and providing optimal support for precise movements. This directly translates into improved patient outcomes and procedural success. For precision and accuracy, the arm position and health of the upper body musculoskeletal system is of high importance, and the use of armrests for macro and microscopic surgery can be a helping factor.

### Operator health and wellness

Dental professionals spend long hours performing intricate procedures. The Bambach chair not only enhances patient care but also safeguards the health and well-being of the dental team. Its unique design encourages proper posture, reducing the risk of musculoskeletal issues and promoting long-term career sustainability.

### Workflow efficiency

Ergonomically designed dental chairs, such as the Bambach Saddle Seat, contribute to streamlined workflows. The chair's flexibility and adjustability enable practitioners to work comfortably, with easy access to instruments and equipment, thereby minimising downtime and maximising efficiency.



### Patient comfort

A comfortable practitioner is better equipped to ensure patient comfort. The Bambach Saddle Seat's ergonomic design not only supports the dentist but also contributes to a more relaxed environment for the patient during surgical procedures.

### Long-term career sustainability

Dentistry is a lifelong commitment, and the Bambach dentist chair plays a crucial role in ensuring the longevity of a practitioner's career. By prioritising ergonomics, dental professionals can mitigate the risk of occupational hazards and continue to provide exceptional care throughout their careers.

In conclusion, the importance of ergonomics in periodontal and oral surgery, with special mention of the Bambach dentist chair, cannot be overstated. It is a holistic approach that not only benefits practitioners but also enhances the overall quality of patient care. As we navigate the complexities of dental surgery, let us remember that a well-designed, ergonomic workspace is the foundation for excellence in every procedure. ■

**About the author**  
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- Shoulders relaxed
- Straight back
- Circulation in legs
- Healthy hip and knee joints
- Feet flat on the floor

