



 HENRY SCHEIN

**PRACTICE
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Sustainable Checklist for Dentistry



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Sustainable Checklist for Dentistry



1. Check the Dental Facility's Environmental Impact

Start with a full review to find areas that need improvement.

Waste Checks

- Measure amounts of dental waste (e.g., mercury-containing materials, lead foil, mold materials, single-use plastics like bibs and suction tips) [1][2]
- Track energy use in high-energy equipment like sterilizers, X-ray machines, and heating/cooling systems [3]
- Audit stock monthly to identify potential product expirations
- Combine orders to reduce shipping trips and pick vendors with carbon-neutral shipping

Talk to Staff and Patients

- Ask staff about challenges in reducing disposable items or improving recycling
- Study how patients travel to the clinic (e.g., offer rewards for carpooling or virtual visits)

2. Make Sustainability Part of Clinic Policies

Build clear rules and accountability for long-term progress.

Assign Responsibility

- Form a Sustainability Team to lead eco-friendly efforts [4]
- Include sustainability in staff training and performance reviews

Share Updates

- Release regular reports on waste reduction, energy saved, and pollution cuts

3. Improve Building Efficiency

Upgrade equipment and facilities to save resources.

Save Energy and Water

- Switch to energy-saving LED lights (uses 75% less energy and lasts longer) [5]
- Install motion-sensing light fixtures [6]
- Install a programmable thermostat to reduce HVAC costs [6]
- Plan office layouts that maximize light and ventilation [6]
- Install water-saving devices in sterilizers and suction systems [7]

Better Waste Handling

- Use amalgam separators to meet safety standards and prevent mercury pollution [2]
- Replace disposable sterilization bags with reusable containers
- Place labeled recycling/compost bins in exam rooms and waiting areas

4. Switch to Clean Energy

Use grants and on-site projects to reduce fossil fuels.

Apply for Support

For more information, visit [EPA's Green Power Markets](#).

- Seek government grants or tax credits for solar panels [8]
- Switch to 100% renewable energy plans with local providers

Test On-Site Solutions

- Install solar-powered outdoor lights or electric car charging stations [9]

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5. Reduce Paper Use with Technology

Adopt digital tools to cut waste and errors.

- Use tablets for check-ins, treatment plans, and digital health records
- Replace traditional X-rays with digital systems to avoid harmful chemicals
- Train staff on teledentistry and digital tools (e.g., intraoral scanners) [10]
- Send appointment reminders and bills electronically

6. Choose Eco-Friendly Supplies

Buy sustainable products and work with green suppliers.

View Henry Schein Practice Green Dental Products [here](#). [11]

- Select biodegradable items (e.g., compostable cups, bamboo trays)
- Partner with suppliers who recycle PPE, packaging, or lead foil

7. Cut Waste with Reusable Items and Training

Replace disposable items and teach proper recycling.

- Use cloth patient bibs, stainless-steel trays, and reusable drill bits
- Join programs to recycle toothpaste tubes and floss containers [12]

8. Encourage Eco-Friendly Habits

Reward green actions and engage the community.

- Offer prizes for biking, carpooling, or leading waste-reduction projects
- Host challenges like "Plastic-Free July" [13]
- Promote eco-events (e.g., fluoride tablet recycling) on social media and clinic screens

9. Prepare for Climate Emergencies

Upgrade systems and update emergency plans.

- Install solar backups for critical equipment (e.g., sterilizers, health records)
- Stock emergency supplies
- Update disaster plans for floods or power outages, including safe waste handling [14]
- View Henry Schein's Preparedness Guide for Customers [here](#)

Links and References:

1. [Amalgam Separators and Waste Best Management Practices](#)
2. [EPA Dental Effluent Guidelines](#)
3. [Energy Star Resources for Healthcare Buildings](#)
4. [Organizing for sustainability success: Where, and how, leaders can start](#)
5. [LEDs | Edmond, OK—Official Website](#)
6. [FDI Sustainability Dentistry](#)
7. [WaterSense at Work Section 7.3: Steam Sterilizers](#)
8. [Database of State Incentives for Renewables & Efficiency®](#)
9. [The U.S. Department of Energy \(DOE\) Solar Energy Technologies](#)
10. [ADA Policy on Teledentistry](#)
11. [Henry Schein Dental Practice Green Web Page](#)
12. [Colgate® Oral Care Free Recycling Program](#)
13. [Plastic Free July](#)
14. [ADA Emergency planning and disaster recovery planning in the dental office](#)