

The Larkin Protocol

Preventive Dentistry and Periodontal Wellness Program

Dental 

Leading Dentists Since 2004





Instructor

Tom Larkin

Dr. Larkin considers himself an advocate for the independent practice of dentistry and his commitment to education on all matters related to young dentists is unprecedented. Beginning in 1995, his ongoing mission of training up young dentists to all the intricacies of running a dental practice is generating a loyal following. Beginning with a startup and sale while still in dental school, Dr. Larkin has walked the walk and knows how to navigate startups, acquisitions, and practice development. Dentists today are well aware of the impact of corporate dentistry in the marketplace and are actively looking for counsel that may assist them in attaining more autonomy and independence.

Course Overview

PROGRAM OVERVIEW

1. A Historic Moment for the Preventive Healthcare Model
2. The Reactive vs. Proactive Healthcare Model
3. Creating Value in Hygiene
4. The Oral Microbiome
5. Phase Contrast Microscopy
6. Microscopy ID
7. Air Polishing Demystified
8. Diode Laser Therapy
9. Advanced Periodontal Therapy Protocols
10. Building the Dentist–Physician Alliance
11. The Business of Prevention
12. The Future of Preventive Dentistry

Program Overview

The *Preventive Dentistry and Periodontal Wellness Program* is a groundbreaking online educational series designed to redefine how dental professionals approach patient care. Built on the principles of the Larkin Protocol, this program bridges the gap between traditional clinical practice and modern preventive, science-driven dentistry.

Across twelve modules, participants will explore the evolution of preventive healthcare—from Dr. Charles Mayo's early vision of medical–dental integration to today's AI-driven diagnostic innovations. The curriculum empowers clinicians to move beyond reactive treatment toward a proactive model that emphasises early detection, risk assessment, and personalised prevention.

Core topics include the oral microbiome, value creation in hygiene, phase contrast microscopy, air polishing, diode laser therapy, and advanced periodontal protocols. Each concept is tied to practical application—helping teams integrate evidence-based technologies, refine workflows, and improve both clinical and financial outcomes. The program also delves into building collaborative alliances with physicians, developing patient-centred wellness plans, and structuring financially sustainable preventive models that enhance long-term loyalty and profitability.

Led by Dr. Tom Larkin, this course equips dentists and hygienists with the skills and strategies needed to thrive in a changing healthcare landscape. Participants will gain the confidence to implement cutting-edge diagnostics, streamline communication, and deliver outcomes that elevate the standard of care for every patient.



Modular Overview



**A Historic Moment for
the Preventive
Healthcare Model**



**The Reactive vs.
Proactive Healthcare
Model**



**Creating Value in
Hygiene**



The Oral Microbiome



**Phase Contrast
Microscopy**



Microscopy ID



**Air Polishing
Demystified**



Diode Laser Therapy



**Advanced Periodontal
Therapy Protocols**



**Building the Dentist-
Physician Alliance**



**The Business of
Prevention**



**The Future of
Preventive Dentistry**

HISTORIC MOMENT FOR PREVENTIVE HEALTHCARE

...ion. Collaboration. Future



Module 1: A Historic Moment for the Preventive Healthcare Model

Synopsis

In 1915, Dr. Charles Mayo emphasized the essential connection between dentistry and medicine, urging dentists to take an active role in systemic health. More than a century later, the Medical-Dental Alliance for Health Advancement (MAHA) and Robert F. Kennedy Jr.'s preventive health mandate represent a renewal of this vision. This module explores how dentistry is positioned to lead in the modern preventive healthcare movement and why this moment is pivotal for the profession.

Learning Objectives

1. Review Dr. Charles Mayo's 1915 address to dentistry and its enduring relevance to oral-systemic health.
2. Explain the significance of MAHA and RFK Jr.'s preventive health mandate in shaping the future of healthcare.
3. Discuss the opportunities for dentistry to reclaim its role at the forefront of prevention and integrated care.

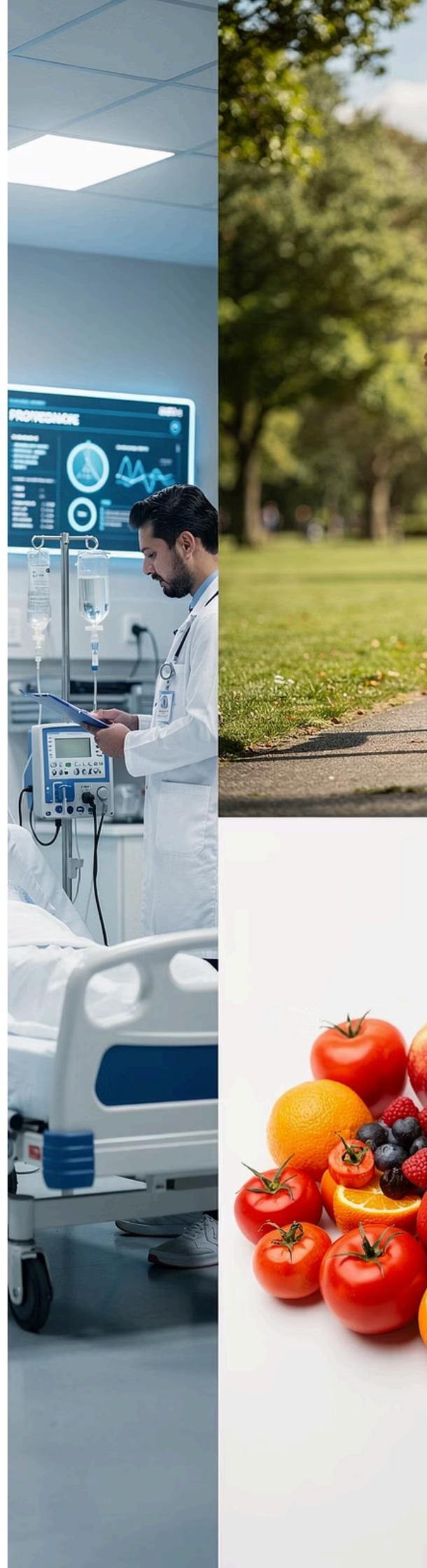
Module 2: The Reactive vs. Proactive Healthcare Model

Synopsis

Modern healthcare has largely rewarded reactive treatment—fixing disease after it occurs—rather than preventing it in the first place. Dentistry and medicine alike have been shaped by financial structures, insurance incentives, and hospital systems that favor procedures over prevention. At the same time, a growing consumer-driven movement is challenging this paradigm, with patients seeking greater control over their health outcomes. This module contrasts the reactive and proactive models and examines where dentistry can lead the shift.

Learning Objectives

1. Differentiate between reactive and proactive models of care in both medicine and dentistry.
2. Analyze how financial incentives and insurance structures reinforce reactive treatment.
3. Explore how consumer-driven demand for prevention is reshaping expectations and creating opportunities for dentistry.



Module 3: Creating Value in Hygiene

Synopsis

Dental hygiene represents not only a major revenue center—often one-third of practice income—but also the engine that drives restorative care. Increasing hygiene compliance from 60% to 90% can double a practice's gross income while improving patient outcomes. This module outlines a value-based hygiene model, highlighting advanced tools and services such as phase-contrast microscopy, salivary diagnostics, lasers, air polishing, and preventive product offerings that elevate both patient care and practice profitability.

Learning Objectives

1. Explain how hygiene compliance directly impacts both patient outcomes and practice financial performance.
2. Identify value-added procedures—including microscopy, salivary diagnostics, and lasers—that enhance the hygiene department.
3. Develop strategies for positioning dental hygiene as a preventive and revenue-driving cornerstone of the practice.



Module 4: The Oral Microbiome

What They Didn't Teach You in Dental School

Synopsis

The oral microbiome plays a central role in both oral and systemic health, yet it has been largely overlooked in traditional dental education.

Understanding the balance between commensal bacteria and pathogens, as well as the concept of dysbiosis, is essential to modern preventive care. This module introduces the fundamentals of the oral microbiome and explains how the Larkin Protocol offers the most advanced yet simplified approach to preventing and treating gum disease.

Learning Objectives

1. Describe the composition of the oral microbiome and the difference between commensal and pathogenic organisms.
2. Define dysbiosis and explain its importance in oral and systemic disease development.
3. Evaluate how the Larkin Protocol leverages microbiome science to prevent and treat periodontal disease effectively.

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Module 5: Phase Contrast Microscopy

A Foundational Tool

Synopsis

First introduced by Dr. Paul Keyes in the 1960s, phase contrast microscopy has reemerged as one of the most valuable tools in preventive dentistry. Recent advances in technology and clinical techniques have made it easier than ever to integrate into daily practice. This fast, inexpensive method provides a direct view of the patient's oral biofilm, serving not only as a diagnostic aid but also as one of the most powerful motivators for patient education and behavior change.

Learning Objectives

1. Review the history of phase contrast microscopy and its reintroduction into modern dental practice.
2. Explain how microscopy provides critical insights into the oral biofilm and associated health risks.
3. Demonstrate how this tool enhances patient education and treatment acceptance through visual engagement.

Module 6: Microscopy ID

The Risk Assessment Model

Synopsis

Phase contrast microscopy becomes most powerful when paired with a structured risk assessment model. This module teaches dentists and hygienists how to identify key microscopic findings chairside—including bacteria, white blood cells, and parasites—and interpret them in the context of patient risk. Attendees will learn to grade slides from healthy/low-risk biofilms to high-risk pathogenic profiles, providing a clear framework for personalized preventive care and patient education.

Learning Objectives

1. Identify the major microscopic findings observable in oral biofilms, including bacteria, WBCs, and parasites.
2. Apply a grading system to classify biofilm risk from low to high pathogenic potential.
3. Use microscopy-based risk assessment to guide personalized preventive strategies and patient counseling.



Module 7: Air Polishing Demystified

Synopsis

Air polishing is one of the most misunderstood yet underutilized tools in periodontal therapy. Currently, there are three major devices available, each with unique features and applications. In addition, a growing variety of powders—from glycine to erythritol—are changing the way clinicians approach both supragingival and subgingival biofilm management. Despite this, many providers struggle to integrate air polishing effectively due to confusion around equipment, powders, and technique.

In this module, Dr. Larkin will break down the complexities, demystifying the devices, powders, supplies, and techniques. Participants will gain clarity on how to select the right combination of equipment and powder for different clinical scenarios, and how to confidently apply these methods in both routine hygiene and advanced periodontal care.

Learning Objectives

By the end of this module, participants will be able to:

1. **Differentiate** between the three major air polishing devices and understand their respective indications, benefits, and limitations.
2. **Evaluate** the available air polishing powders and select the most appropriate option for supragingival versus subgingival applications.
3. **Apply** proper air polishing techniques to improve biofilm removal, patient comfort, and clinical outcomes in both preventive and therapeutic settings.



**MARCH 31,
2026**

Release Date for Modules 8-12

Module 8: Diode Laser Therapy

Synopsis

The diode laser has become one of the most valuable adjuncts in modern dental hygiene, offering both therapeutic and regenerative benefits. In periodontal care, diode lasers are used for **laser pocket disinfection** to target and reduce pathogenic bacteria within periodontal pockets. They are also applied in **photobiomodulation therapy (PBM)**, stimulating cellular activity to reduce inflammation, accelerate healing, and promote tissue regeneration.

This module will cover how diode lasers work, why they are increasingly needed in preventive and periodontal care, and how dental hygienists can integrate them safely and effectively into clinical practice. Dr. Larkin will guide participants through the science, practical applications, and patient benefits of diode laser therapy.

Learning Objectives

By the end of this module, participants will be able to:

1. **Explain** the basic science of diode lasers, including how they interact with soft tissues and microbial biofilms.
2. **Demonstrate** the role of diode lasers in pocket disinfection and photobiomodulation as part of comprehensive periodontal therapy.
3. **Integrate** diode laser therapy into hygiene protocols to improve treatment outcomes, patient comfort, and tissue healing.

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Module 9: Advanced Periodontal Therapy Protocols

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Synopsis

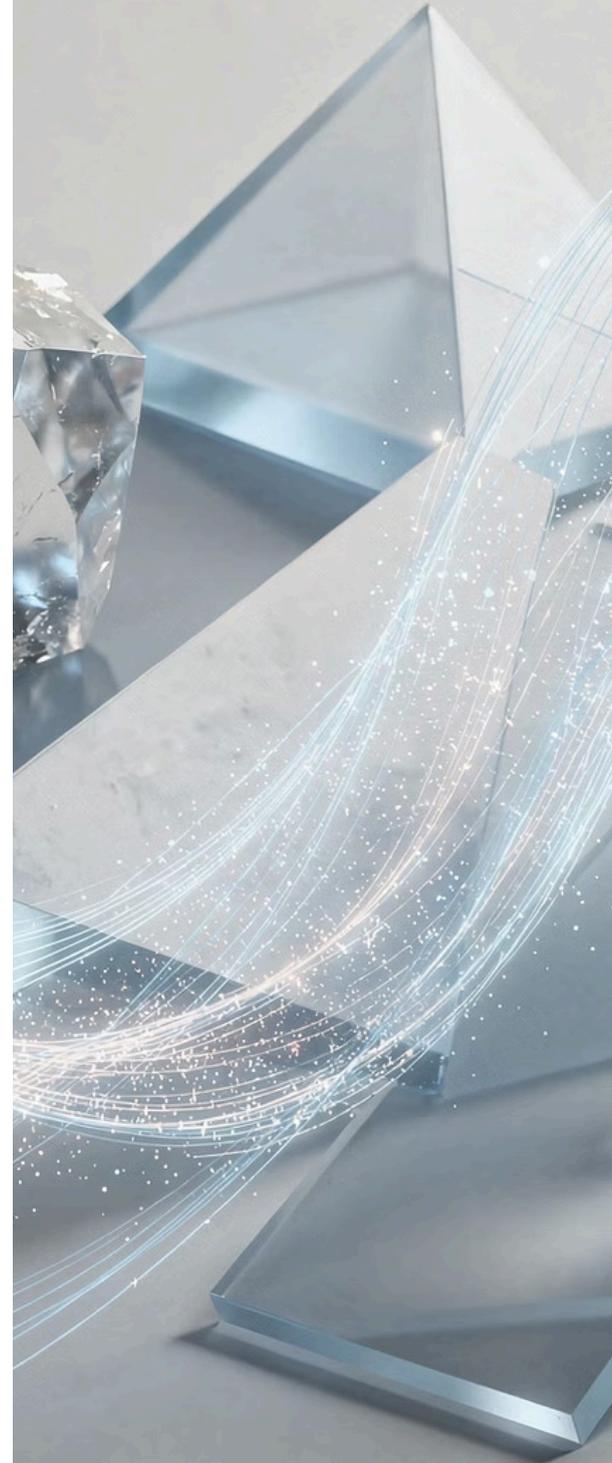
Successful periodontal therapy requires more than individual tools—it depends on the proper sequencing and integration of therapies for maximum effectiveness. This module will focus on how to combine **air polishing, antimicrobial rinses, diode laser therapy, and salivary/microbial testing** into a unified, step-by-step protocol. Participants will learn how to strategically sequence these therapies to disrupt pathogenic biofilm, reduce bacterial load, support host response, and track clinical progress.

Dr. Larkin will provide clear guidance on evidence-based protocols, helping clinicians streamline treatment, improve patient understanding, and achieve more predictable outcomes in advanced periodontal care.

Learning Objectives

By the end of this module, participants will be able to:

1. **Describe** the role of air polishing, antimicrobial rinses, diode laser therapy, and microbial testing in comprehensive periodontal protocols.
2. **Sequence** these therapies effectively to maximize biofilm control, healing, and patient outcomes.
3. **Design** customized periodontal treatment plans that integrate advanced protocols into daily practice.





Module 10: Building the Dentist–Physician Alliance

Synopsis

This module explores practical, repeatable ways a dental team can partner with medical practitioners—from choosing secure software for data sharing, to hosting lunch-and-learns, to agreeing on which diagnostic tests and reports are exchanged—so patients experience truly integrated care.

Learning Objectives

By the end of this module, participants will be able to:

1. **Design** a bidirectional referral and communication workflow (secure messaging/EHR portals, roles, and turnaround times) between dental and medical teams.
2. **Standardize** a shared diagnostics set and report template (e.g., periodontal staging/bleeding indices, salivary pathogen findings, BP/A1c from chairside screening; and from medicine: HbA1c, ApoB/LDL-C, hs-CRP, Lp(a) when relevant) with clear "red-flag" triggers for referral.
3. **Implement** an outreach plan to build partnerships (target practices, lunch-and-learn agenda, co-branded patient education, and simple metrics to track referrals and outcomes).

Module 11: The Business of Prevention

Synopsis

Prevention is not only clinically valuable but also financially sustainable when structured correctly. This module examines how the preventive model in dental hygiene can be designed from a business perspective. Topics include how to charge appropriately for advanced preventive services, how to incorporate value-added offerings such as laser disinfection, salivary testing, and air polishing, and how to create patient-centered wellness plans that drive long-term loyalty. In addition, we will explore **hygiene compensation models** that align incentives for providers, balancing production goals with patient-centered prevention. The focus will be on building a financially viable model that supports both practice growth and improved patient health outcomes.

Learning Objectives

By the end of this module, participants will be able to:

1. **Analyze** the financial considerations of incorporating advanced preventive services into the hygiene department, including charges and ROI.
2. **Evaluate** different value-added services, wellness plan structures, and compensation schemes that enhance patient engagement, hygienist satisfaction, and practice profitability.
3. **Develop** a sustainable prevention-based business model that integrates service fees, wellness plans, and hygienist compensation into a unified strategy.

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Module 12: The Future of Preventive Dentistry Trends and Innovations

Synopsis

Preventive dentistry is undergoing rapid transformation, shaped by both political shifts and technological innovation. From legislative changes that expand the role of dental hygienists, to the integration of AI, salivary diagnostics, and minimally invasive therapies, the future is moving toward personalized, prevention-centered care. This module will explore emerging tools, evolving techniques, and the broader healthcare landscape that will define prevention in dentistry for the next decade.

What You'll Learn



Modern Framework

Gain a clear, modern framework for shifting from reactive dentistry to a preventive, wellness-driven model that improves both clinical outcomes and long-term practice profitability.



Leadership Position

Develop the confidence to position your practice as a leader in oral-systemic health, strengthening trust, loyalty, and professional credibility with patients and medical colleagues.



Evidence-Based Technologies

Learn how to implement evidence-based preventive technologies and protocols that increase patient engagement, treatment acceptance, and hygiene value creation.



Practical Tools

Acquire practical tools to standardise workflows, enhance team communication, and deliver predictable, repeatable preventive care across the entire practice.

Course Navigation



Targeted Audience

Who this program is designed for



Requirements

What you need to participate



Materials Included

Resources provided with the course

Targeted Audience

General dentists seeking to expand their preventive and periodontal services while improving practice sustainability and differentiation.

Dental hygienists looking to elevate their clinical role, professional value, and contribution to patient outcomes through advanced preventive protocols.

Practice owners aiming to redesign hygiene and prevention as a growth engine rather than a cost centre.

Dental teams interested in integrating oral-systemic health concepts and collaborating more effectively with medical practitioners.

Clinicians who want practical, implementable systems—not theory—to future-proof their practices.

Requirements



Professional Credentials

A current dental license or active role within a dental practice (dentist, hygienist, or clinical team member).



Clinical Foundation

Basic understanding of periodontal disease and routine hygiene procedures.



Mindset

Willingness to adopt a prevention-focused mindset and evaluate existing clinical and business systems honestly.



Equipment Access

Access to standard dental operatory equipment; advanced technologies are recommended but not mandatory to begin implementation.



Commitment

Commitment to applying concepts progressively within clinical workflows rather than treating the course as purely academic.

Materials Included



Video Modules

Twelve on-demand video modules led by Dr. Tom Larkin, structured for immediate clinical application.



Clinical Protocols

Downloadable clinical protocols covering microscopy, air polishing, diode laser therapy, and advanced periodontal sequencing.



Assessment Tools

Risk assessment frameworks and patient education tools to support case acceptance and behavioural change.



Business Guides

Workflow and business model guides for implementing financially sustainable preventive services.



Reference Materials

Supporting reference materials, visual aids, and implementation checklists to assist whole-team adoption.

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