Abstract

During the past twenty years a digital sea change has affected our world. Digital devices have changed the way we live and especially the way we work in our professions. As dentists, we are able to work with far greater accuracy and precision than ever before; we would be foolish not to embrace these advances. But, as is often the case with rapid cultural changes, we need to be aware of the possibility of unintended consequences that may accompany this revolution. Sound scientific studies are beginning to warn of the psychological and physiological problems of overuse of digital devices in our daily lives. We should remember that these devices are neutral. It is up to each of us to use them in ways that enhance patient care.

Key Words

Smartphone, selfie, distraction, addiction, contamination, gadgets