# Methods of protecting dental health

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- Dental plaque (biofilm) is defined clinically as a structured resilient yellow greyish substance that adheres to the intraoral hard tissues, and dentures.
- Control of this biofilm is the basis for the prevention and control of periodontal disease.

#### Plaque: microrganisms+ host cells (epithelium, macrophages, leucocytes+inorganic component)



- For this reason, patients should prevent the formation of this complex bacterial community and subsequent plaque/calculus accumulation by chemical and, more importantly, mechanical methods.
- The dentist should choose the most suitable one for that individual from the existing hygiene methods, teach the patient, provide optimum oral hygiene and follow it.

# **Clinical correlation**

• Daily plaque biofilm control practices result in improved periodontal and gingival health

 The majority of patients prefer to brush only the areas that are visible as they consider dental hygiene to be a difficult task.

- technique the products and the individuals' skills are all important for effective plaque removal.
- Patient motivation is the process of acquiring a new and conscious behavior style for the purpose of gaining and maintaining the periodontal tissue health

#### Individual Oral Care Tools

- Foothbrush
- > Tooth paste
- Interdental cleaning tools
- mouthwashes
- Plaque staining agents
- irrigators
- tongue scrapers









### Tooth brushes

 Proper oral hygiene is ensured by the use of a suitable toothbrush twice a day to control plaque buildup. Manual and electric toothbrushes are available in various designs



### Toothbrush;size,handle,bristles

 The size of the toothbrush and brush head should be chosen according to the person and age. The brush handle should be flat, easy to grasp, and fit comfortably in one's hand. Flathandled brushes are easier to use. The bristle ends of the brush head should end at the same level and be rounded.



#### The amount of force to use the brush

- Vigorous brushing can lead to gingival recession, wedge shaped defects in the cervical area of the root surface, painful ulceration in gingiva,
- Tooth brushes should be replaced every 3-4 months



## Powered toothbrushes

- They rely primarily on mechanical contact between the bristles and the teeth to remove plaque biofilm.
- Oscillating and rotating motions remove plaque biofilm and reduce gingival bleeding better than manual tooth brushes.





# Interdental cleaning aids

 Any toothbrush regardless of the brushing methods used does not completely remove interdental plaque biofilms. Most dental and periodontal diseases originate in interproximal areas.



### Interdental cleaning aids

 Dental floss: Floss is made from nylon filaments or plastic monofilaments ,waxed, unwaxed,thick, thin, flavored.Cleans the areas where the toothbrush cannot reach.Flossing habit is difficult to establish requires positive reinforcement during dental visits.





# Dental floss, floss holders, disposible single use floss holders



#### **Interdental Brushes**

 Probably the most effective plaque biofilm removel method for interdental areas where the papilla does not completely fill the space.





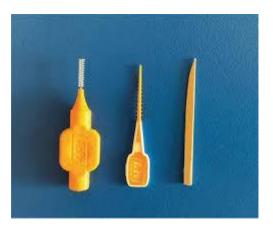




# Other interdental cleaning devices

- Rubber tips
- Wooden toothpicks
- Tufted brushes





#### Dentifrices



- Dentifrices aid in cleaning and polishing tooth surfaces
- Content: abrasives (silicon oxides, aluminium oxides, granular polyvinyl chloride), water, humectants, soap or detergent, flavoring and sweetening agents, therapeutic agents (fluoride, phyrophosphates) coloring agents and preservatives.
- Dentifrices increases the effectiveness of brushing.

# Tooth brushing methods

 They are cathegorized primarily according to the pattern of motion .(Roll, vibratory,circular, vertical, horizontal)



#### Tongue scrapers

