

Methods of protecting dental health

Prof Dr Elif Ünsal

Department of Periodontology

- 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: microorganisms+ 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

- Toothbrush
- 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. Flat-handled 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, disposable single use floss holders



Interdental Brushes

- Probably the most effective plaque biofilm removal 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 categorized primarily according to the pattern of motion .(Roll, vibratory,circular, vertical, horizontal)



Tongue scrapers



