

Oral hygiene

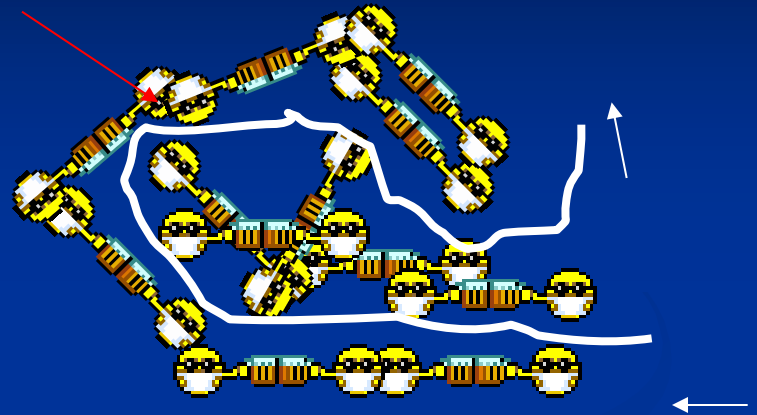
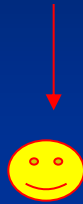
Oral hygiene

■ Aim

- Prevention of dental caries
- Prevention of periodontitis
- Keeping therapeutical results

Dental plaque = biofilm

■ Community



■ Primitive circulation



More species

Higher metabolic activity

Higher resistance

(*S. sobrinus* CHX 300x, AF 75x)

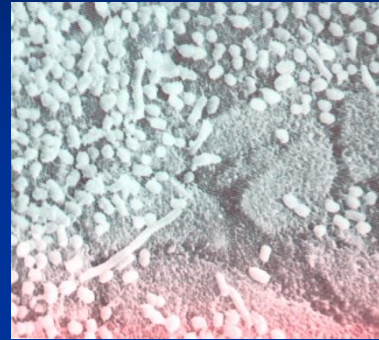
better conditions to survive
higher virulence

Can it be recognised and removed easily?

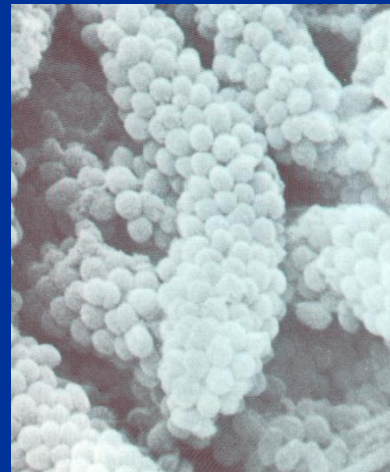


Biofilm

- Adherence



- Colonisation



- Maturation

Plaque detection

- Special liquids
- Tablets
- Gels



Dental calculus





Oral hygiene

- Individual
 - Everybody

- Professional
 - Dentist
 - Dental hygienist

Individual oral hygiene

Removal of rests of food

- Tooth brush
- Tooth paste
- Dental floss
- Dental stick
- Mouthwash
- Movement of soft tissues

Individual oral hygiene

Removal of dental biofilm

- Tooth brush
- Tooth paste
- Tools for interdental hygiene
- Chemicals decreasing of plaque formation
-

Individual oral hygiene

MUST BE INDIVIDUALIZED!

For each patient individual approach.

General recommendation

- Tooth brushing 2x daily 3 – 4 min
- Mouth wash after meal 30 s
- Mouth wash after acidic or sweet drinks

Local factors

- Bad made crowns and prothesis
- Mucosal disorders – frenum
- Trauma (bad occlusion)- high fillings

Tooth brushing

- Short head, dense fitting fibers, soft.

(hard, medium, soft, super soft, ultrasoft, smart)



Tooth brushing - methods

- Horizontal method



- Fones method – circular movement (for children)

Tooth brushing - methods

- Stillman method – movement from gingiva to tooth in vertical direction



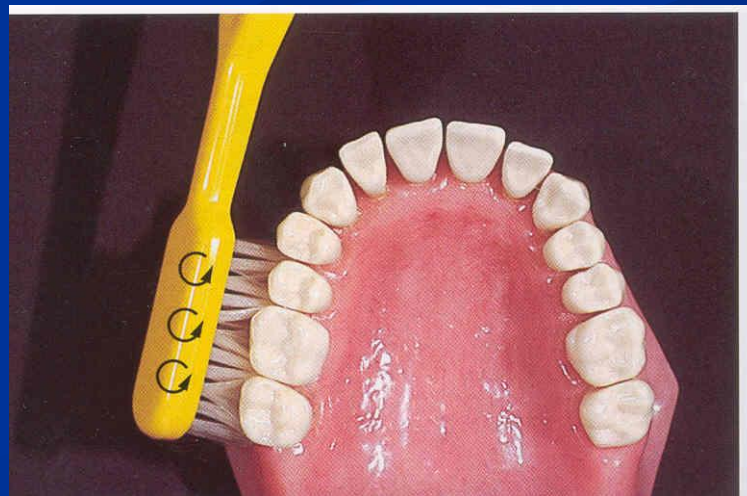
Tooth brushing - methods

- Bass method

Tooth brushing - methods

- Charters method

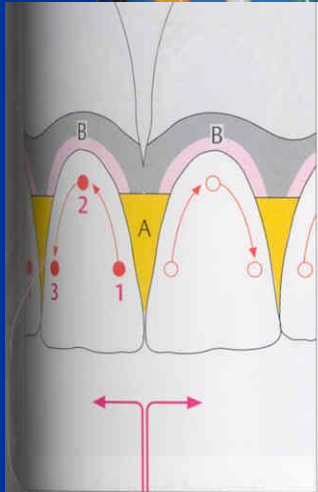
movement of the toothbrush from gingiva to teeth, fibers are pressed into interdental spaces and small vibrations are recommended



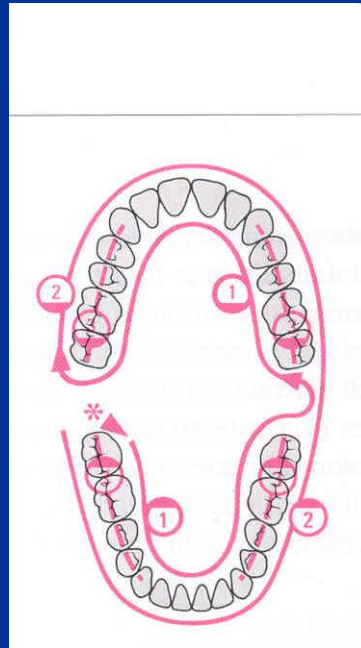
Tooth brushing - methods

- Single (solo) technique

Single toothbrush. Each tooth is brushed separately



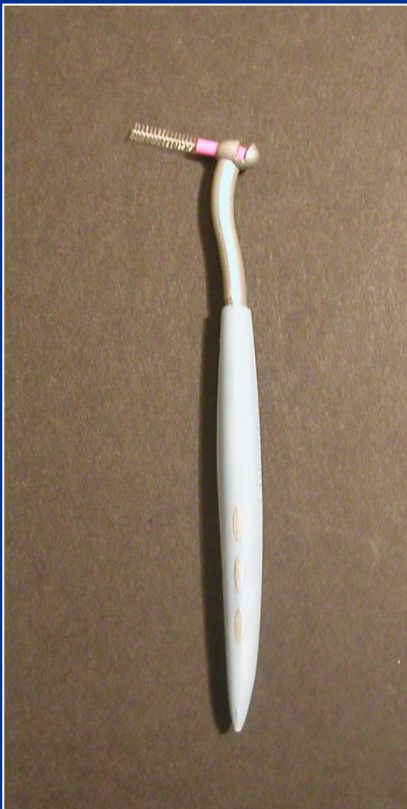
System of tooth brushing



1. Oral side
2. Vestibular side
3. Occlusal side

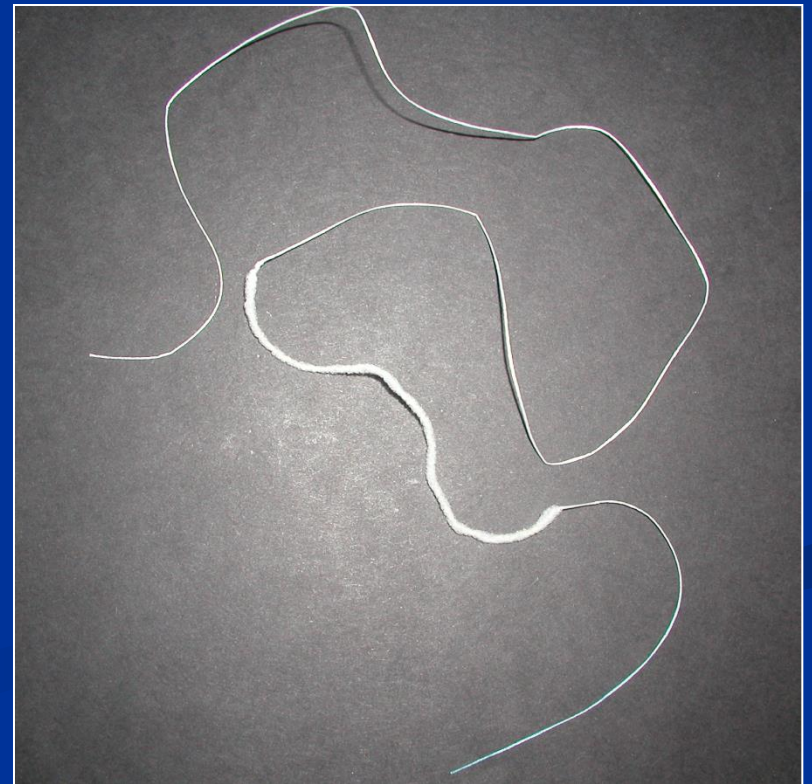
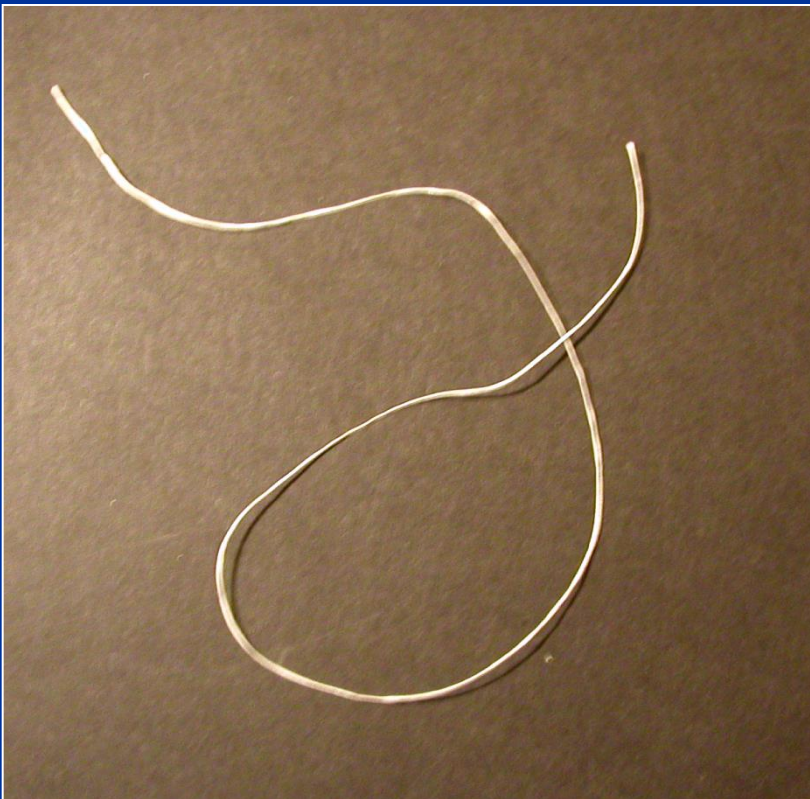
Interdental hygiene

- 1. Interdental brushes

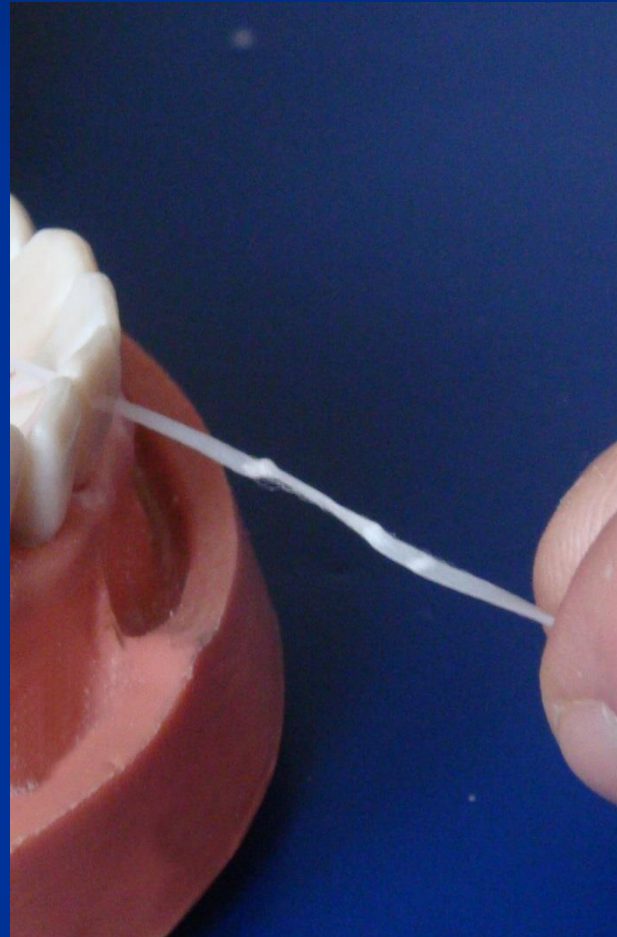
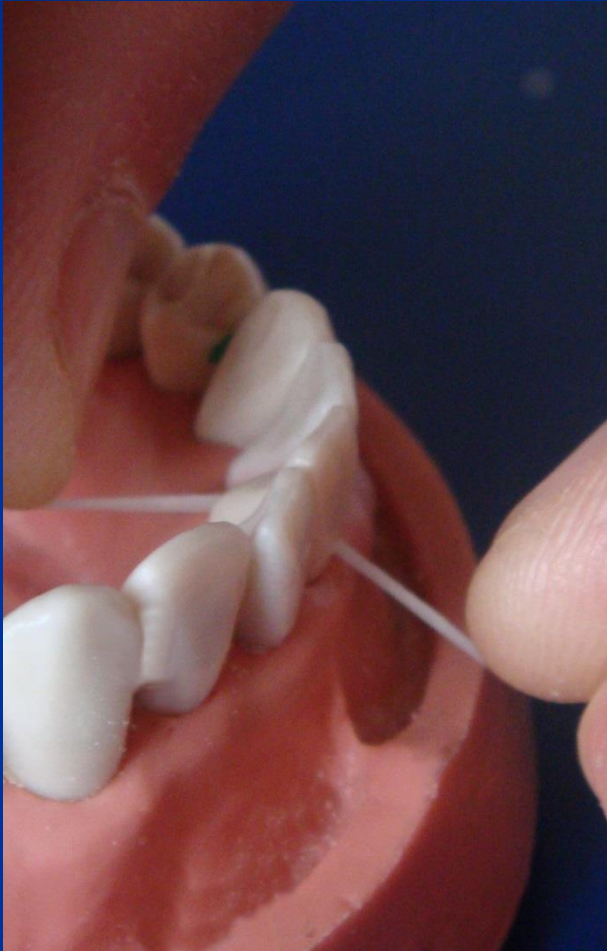


Interdental hygiene

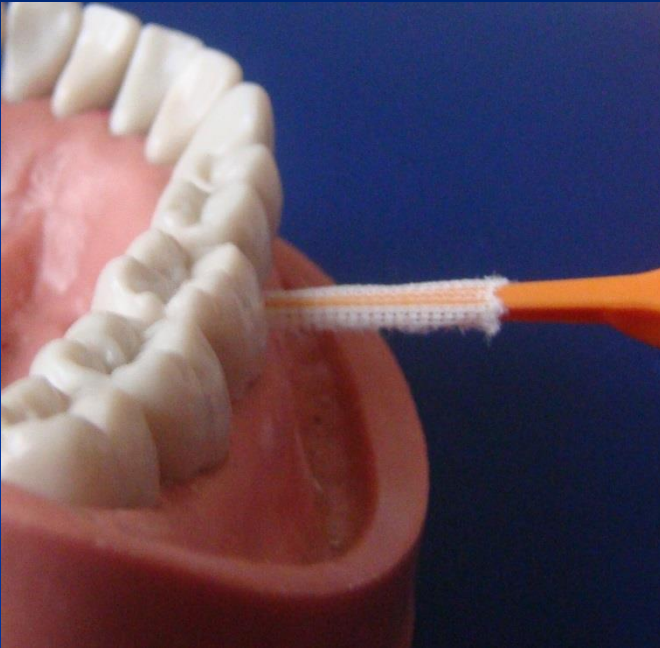
- Floss: waxed, non waxed. Expanded
- Superfloss or brush and floss



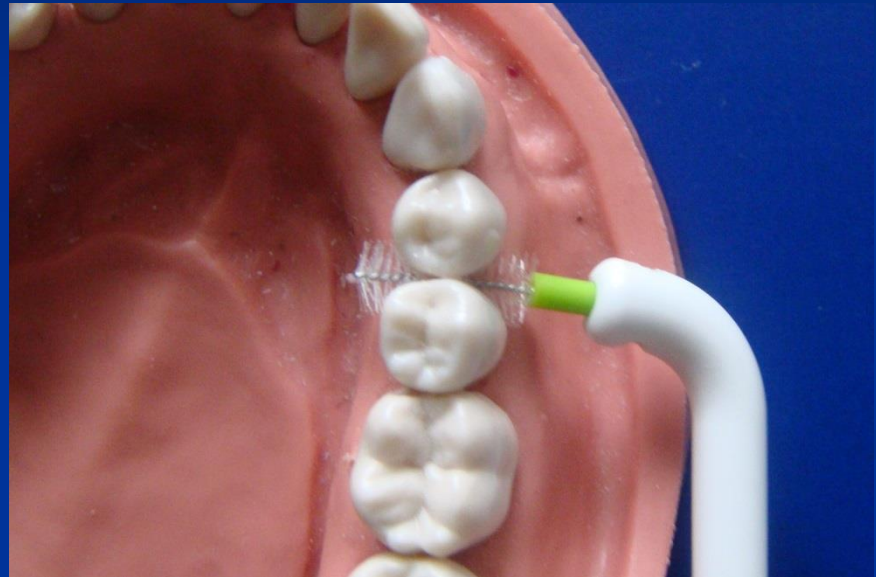
Flossing



Interdental hygiene



Stimulator

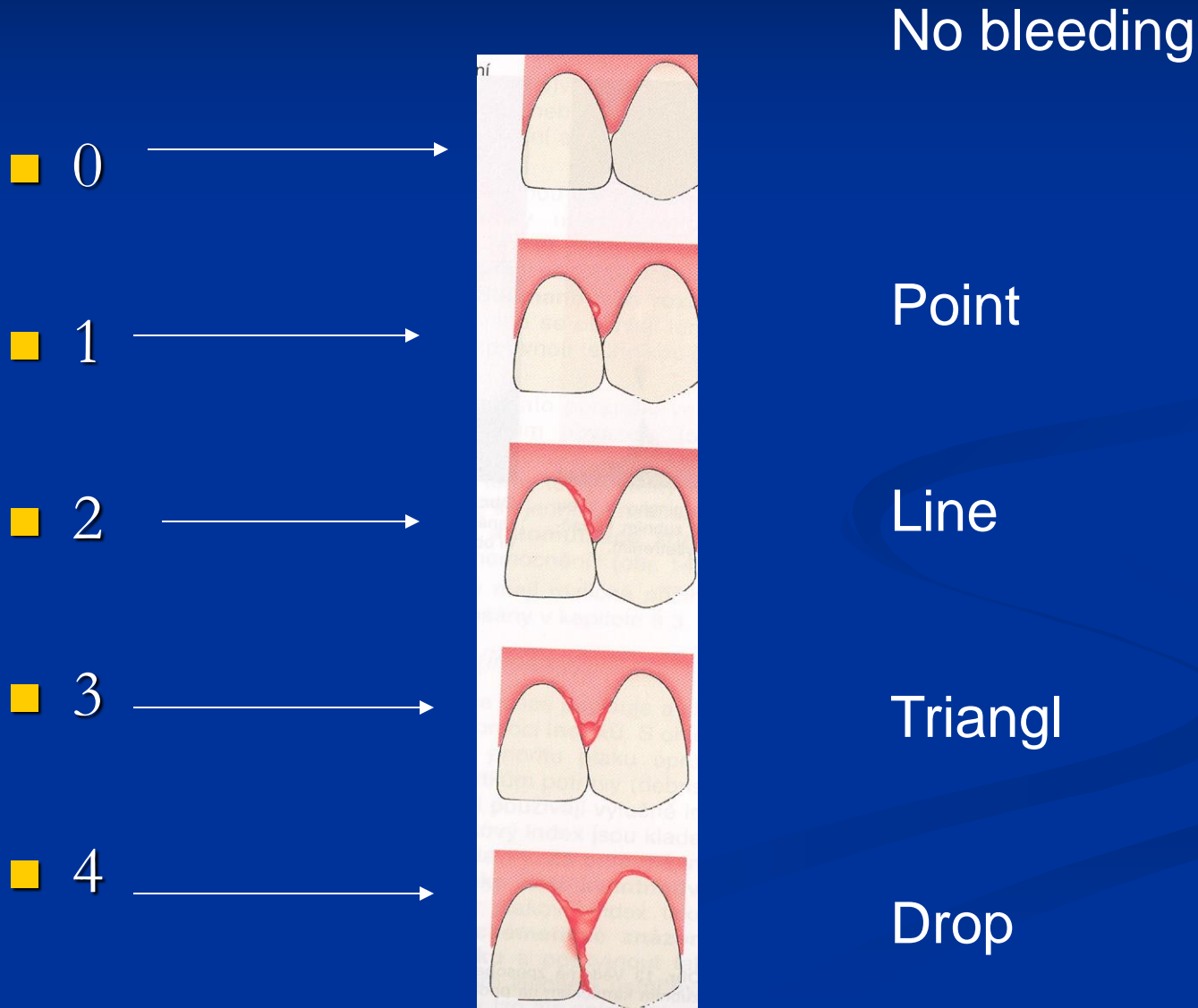


Interdental tooth brush

Professional oral hygiene

- Investigation – history, extraoral and introral examination, indexes, plaque visualization
- Motivation
- Professional care
- Individual programm

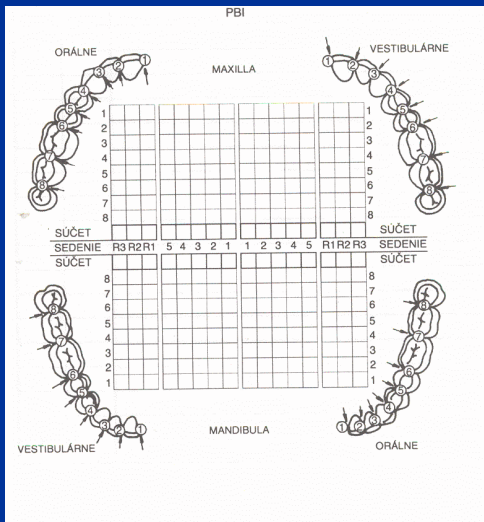
PBI – papilla bleeding index





Importance

- Sume divided with number of investigated points - figure



1	2
3	2
3	1
2	2
1	0
0	2
2	3
<hr style="width: 100%;"/>	
12	14
1	1
2	2
0	4
0	3
3	4
2	3
1	0
<hr style="width: 100%;"/>	
9	17

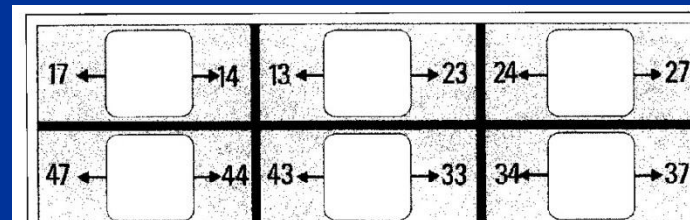
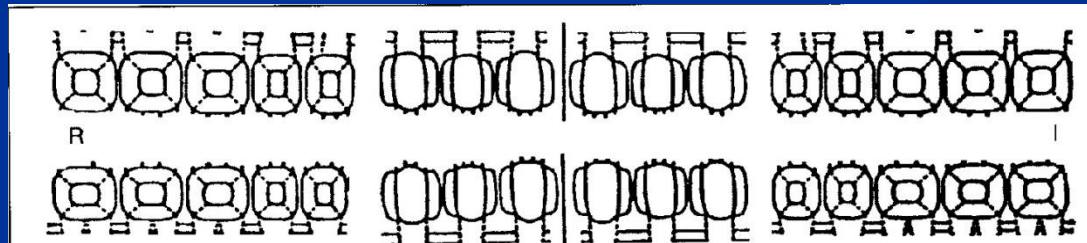
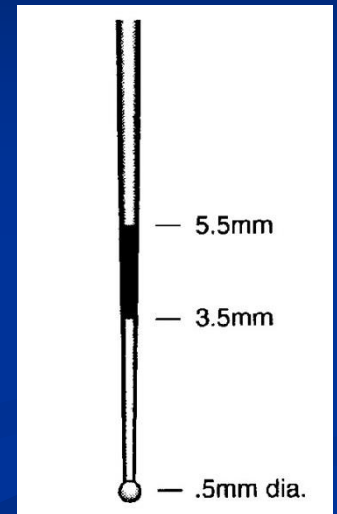
$$52:28 = 1,8$$

$$52/28$$

CPITN

(Community periodontal index of treatment needs)

Kód	Nález	Potřeba ošetření
0	normální	0 bez potřeby léčení
1	krvácení po sondování	I hygienická instruktáž
2	supra- nebo subgingivální zubí kámen, iatrogenní marginální dráždění	II I + supra- a subgingivální scaling
3	choboty 3,5–5,5 mm	
4	choboty > 6 mm	III I + II + chirurgická léčba



CPITN

WHO probe

Slight pressure

Around the teeth

Wait 1 min

CPITN

- 0 no bleeding
- 1 bleeding
- 2 dental calculus
- 3 periodontal pocket 3 – 5 mm
- 4 periodontal pocket deeper than 5 mm

CPITN

- 0 -no therapy
- 1 bleeding – improve oral hygiene
- 2 dental calculus – professional oral hygiene, home care
- 3 periodontal pocket 3 – 5 mm complex periodontal therapy – more conservative
- 4 periodontal pocket deeper than 5 mm – complex periodontal therapy including surgical

Plaque visualization

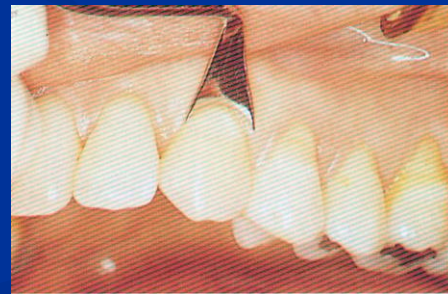
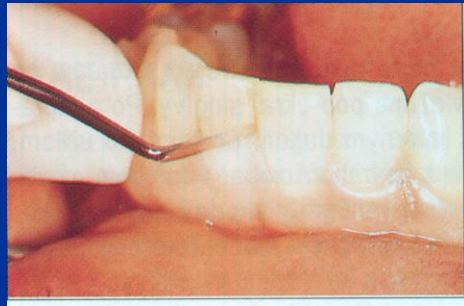
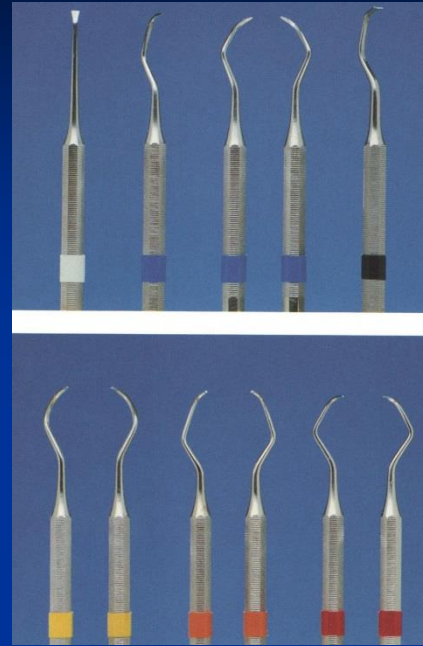


Calculus and plaque removal

- Hand instruments (scalers, curettes)
- Power driven instruments (sonic, ultrasonic)
- Polishing using rotary brushes and pastes
- Air flow

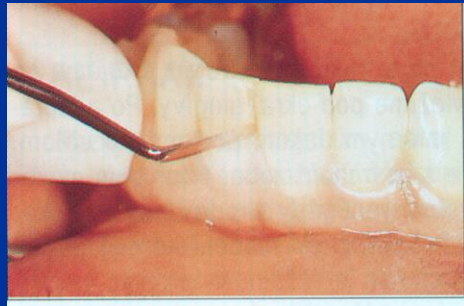
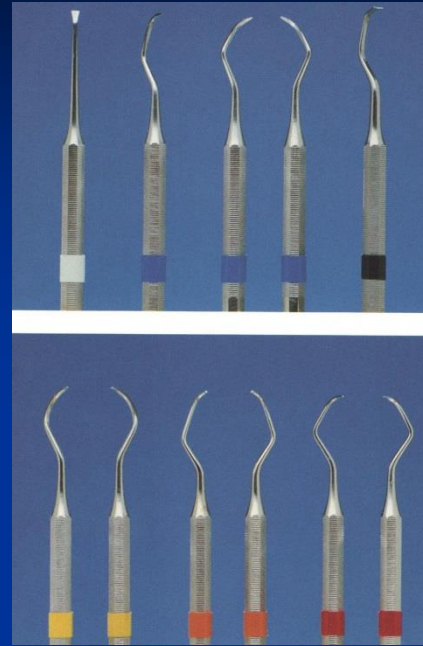
Scalers

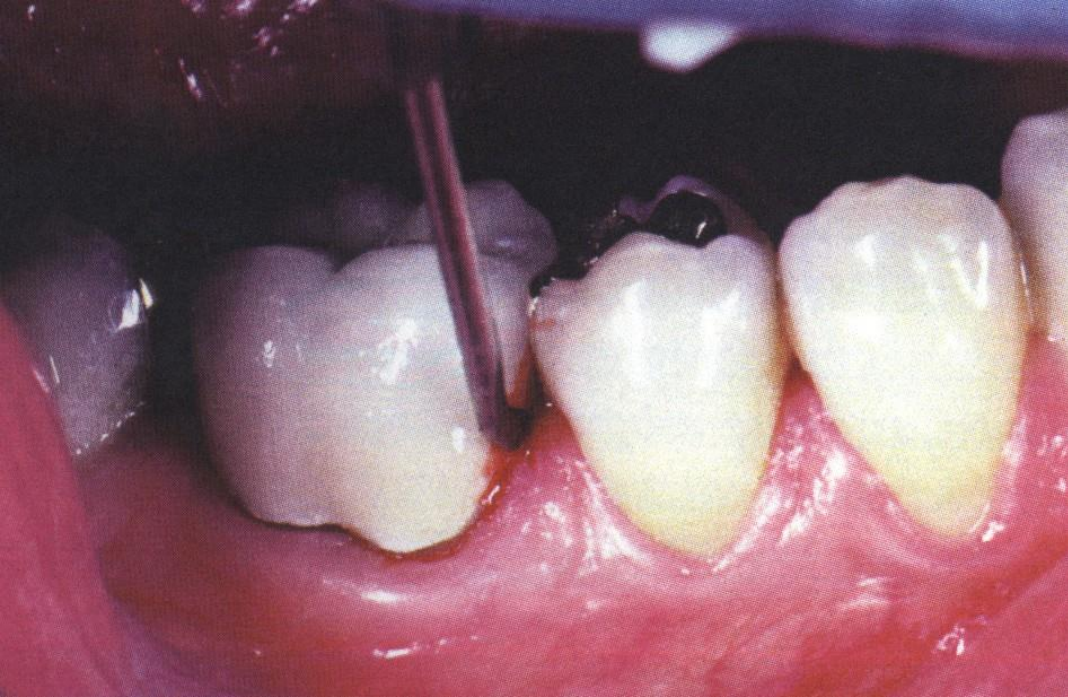
sharp pointed instruments
removal supragingival calculus only



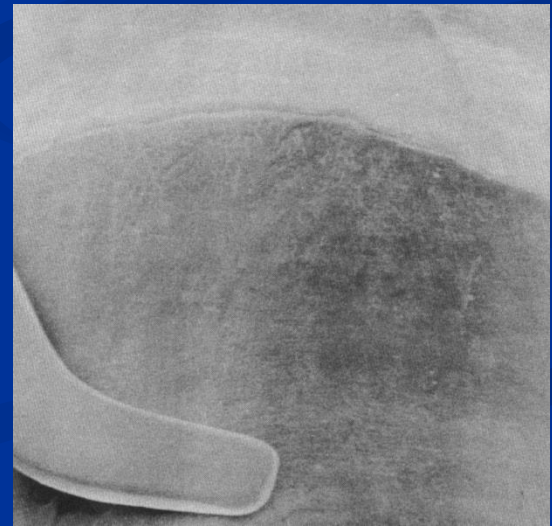
Scalers

sharp pointed instruments
removal supragingival calculus only





Sonic and ultrasonic scalers



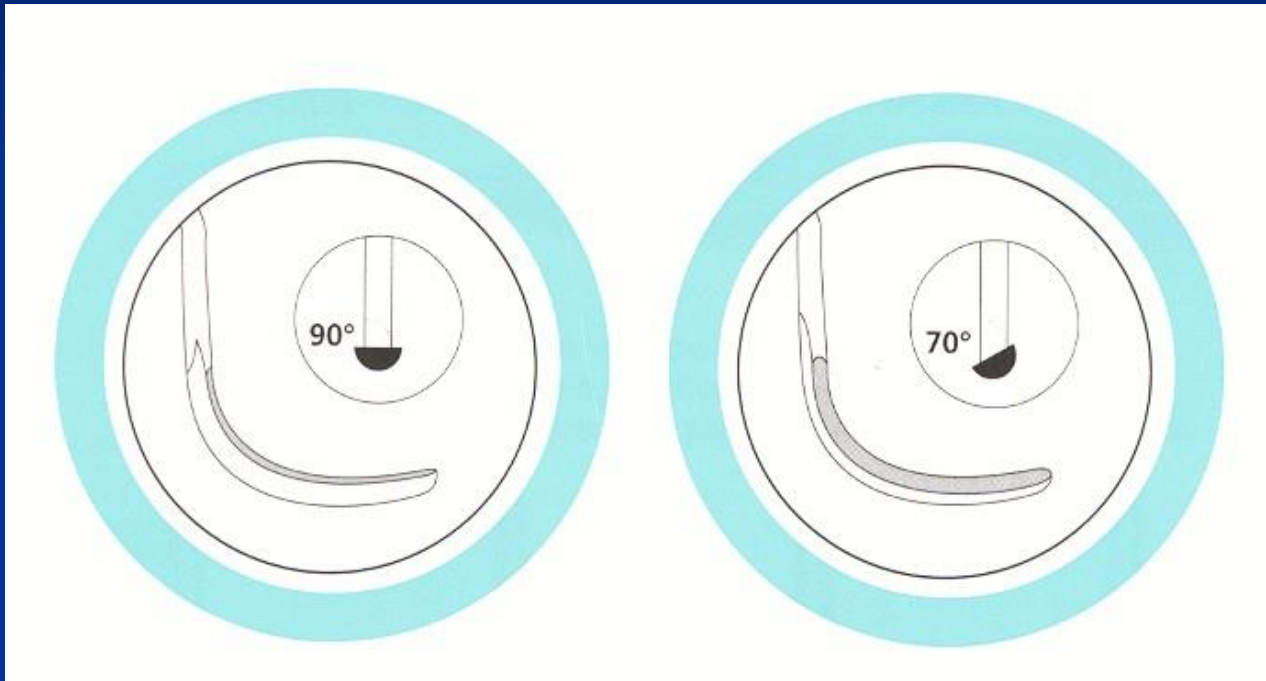
Air flow



Currettes

- Sharp spoons for subgingival treatment
- Not pointed
- Two sharp blades - universal
- One sharp blade - special

Universal and special curette



Universal

Working part and shaft 90°

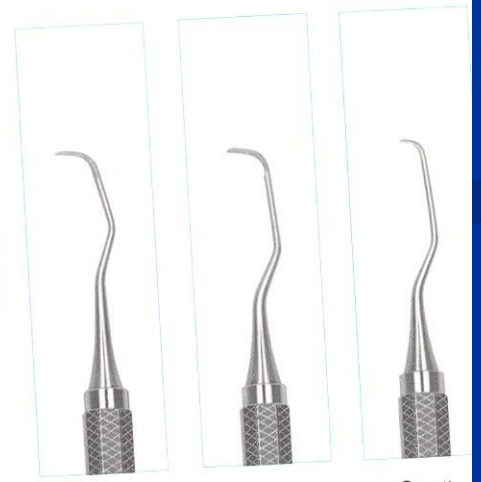
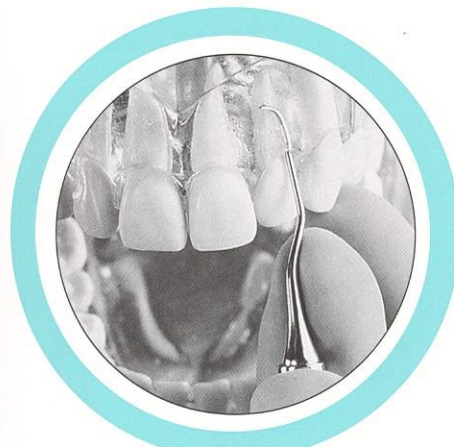
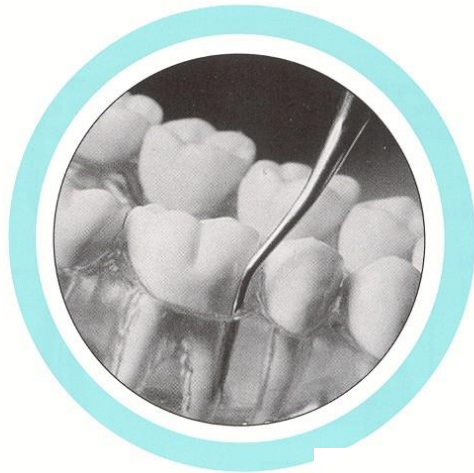
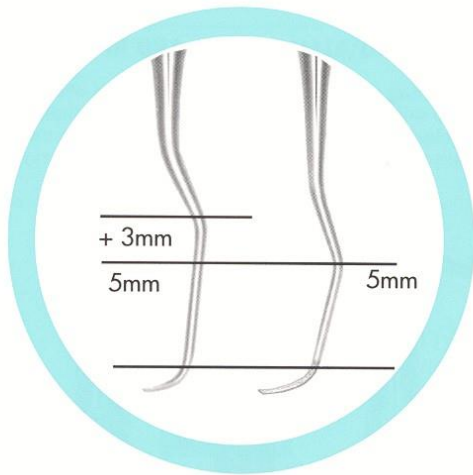
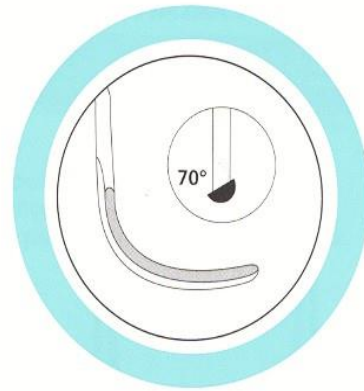
Cut also soft tissue

Special

Working part and shaft 70°

Clean only root of the tooth





Scaling, root planing

- Action of the curette

