1. Discuss with your partner

1. Who would you recommend fissure sealants to? What are its benefits? Are there any concerns?

2. What can cause tooth discoloration? Is there any prevention/treatment?

3. Have you ever performed tooth whitening? What method did you use and what methods are available? Is it a good idea to use over-the-counter whitening products?

4. Are you allergic to anything? Have you ever had a patient with an allergic reaction?

2. Complete one word into each gap - if a word is given in brackets, use its correct form.

Many people are allergic _____ natural latex _____ can be found in gloves, dental dams, tubing, etc. It is difficult to avoid coming _____contact with latex products and repeated _____(EXPOSE) to allergen increases the risk of developing _____allergy. The symptoms usually include: itching, _____ (RED), rash, _____ (ITCH) or _____ (RUN) nose, sneezing, coughing or wheezing. A severe allergic reaction may even be _____-threatening and cause drop _____blood _____ (PRESS), _____ (DIFFICULT) breathing and a _____ (SWELL) tongue and nose.

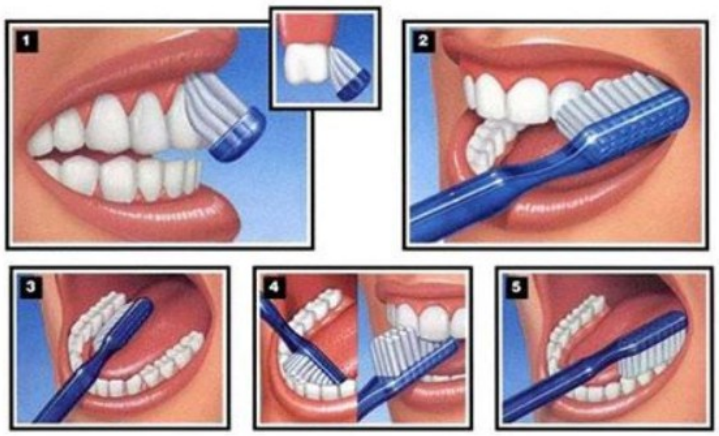
3. Tooth sensitivity: Prepare an explanation for your patient, use the words below.

1. What causes sensitive teeth?

2. What can I do to reduce tooth sensitivity?

fluoridated toothpaste crown placement teeth grinding soft-bristled toothbrush wear and tear sour mouthwash sharp shooting pain regular check-ups tooth restoration plaque build-up inflamed and sore gums hard bristled toothbrush nerve endings gums pull back and expose dentin dentin sealers

4. Explain how to clean teeth properly



5. Complete the words below into the text.

angle bitingsurface brush bristles gently gumline to place rolling tilt scrub tongue tooth surfaces vibrating motion

1. Place bristles along the _____ at a 45° _____. Bristles should contact both the tooth surface and the _____.
2. _____ brush the outer _____ of 1-3 teeth using a vibrating back, forth and rolling motion. Move _____ to the next froup of 2-3 teeth and repeat.
3. Maintain a 45° _____ with bristles contacting the tooth surface and gumline. Gently brush using back, forth and _____ motion along all of the inner tooth surfaces.
4. _____ brush vertically behind the front teeth. Make several up and down strokes using the front part of the brush.
5. Place the brush against the _____ of the teeth and use a gentle back and forth scrubbing motion. Brush the _____ from back to front to remove odor-producing bacteria.

6. General and Restorative Dentistry Procedures

The following is a brief description of dental health issues that fall under the heading of general and restorative dentistry. Click on the links for more in-depth information about each subject.

_____ is a fixed dental restoration used to replace a missing tooth by joining an artificial tooth permanently to adjacent teeth or dental implants.

_____ is a type of dental restoration which completely caps or encircles a tooth or dental implant. They are often needed when a large cavity threatens the health of a tooth. They are typically bonded to the tooth using dental cement and can be made from many materials.

_____ are used to treat cavities or repair cracked or broken teeth. They may be of gold, porcelain, silver, amalgam (which consists of mercury mixed with silver, tin, zinc, and copper), or tooth-colored, plastic, and materials called composite resin.

_____ - An ideal solution for patients missing teeth. They are permanently set in the jaw and affixed with replacement teeth, preventing painful shifting in the mouth.

_____ also known as false teeth, are prosthetic devices constructed to replace missing teeth; they are supported by the surrounding soft and hard tissues of the oral cavity. They are usually removable. However, there are many different designs, some which rely on bonding onto teeth or dental implants.

_____ is a treatment to repair and save a badly damaged or infected tooth instead of removing it. The term comes from cleaning of the canals inside a tooth's root.

_____ is a device used to reposition teeth. If you have crooked teeth and/or a misaligned bite (an underbite or overbite), this is the treatment that can help straighten your teeth.

Key

Ex. 2 to which, into, exposure, an, redness, itchy, runny, life, in, pressure, difficulty, swollen

Ex. 3. You can read the following text to help you describe tooth sensitivity

What Can You Do About Sensitive Teeth?

In this article

- What Causes Sensitive Teeth?
- Steps to Reduce Tooth Sensitivity

Tooth sensitivity can affect one or more teeth. It's most common when you eat or drink something hot, cold, sweet, or sour. Sometimes a breath of cold air can set it off. The pain can be sharp and sudden and can shoot deep into the nerve endings of your teeth.

What Causes Sensitive Teeth?

You get sensitive teeth when your gums pull back and expose the surface beneath, called the dentin. This soft layer makes up the inner part and roots, which have thousands of tiny tubes that lead to the tooth's nerve centre (the pulp). These channels allow the trigger -- for example, the hot, cold, or sweet food -- to reach the nerve in your tooth, which results in the pain you feel.

Other things that can cause sensitive teeth are:

- Wear and tear. Over time, brushing too hard or using a hard-bristled toothbrush or grinding your teeth can wear down enamel and expose the dentin.
- Tooth decay near the gum line.
- Gum disease (gingivitis). Inflamed and sore gums pull back and expose the roots of your teeth.
- Damage. Chipped or broken teeth may fill with bacteria. The bacteria can enter the pulp, causing inflammation.
- Teeth grinding. Grinding or clenching your teeth may wear down the enamel and expose the dentin.
- Tooth-whitening products. These products may be major contributors to sensitive teeth.
- Age. Teeth are most sensitive between ages 25 and 30.
- Plaque build-up. The presence of plaque on the root surfaces can cause sensitivity.
- Acidic foods. Food and drinks with a high acid content, like citrus fruits, tomatoes, pickles, and tea, can wear down enamel.
- Dental work. Teeth cleaning, root planing, crown placement, and tooth restoration can make teeth sensitive. This should go away in 4 to 6 weeks.

Steps to Reduce Tooth Sensitivity

The good news is there are many ways to control sensitive teeth. You can:

- Brush, floss, and rinse regularly. Use proper brushing and flossing techniques to thoroughly clean all parts of your teeth and mouth. Rinse with a fluoride and antiseptic mouthwash daily.
- Use a soft-bristled toothbrush. Brush gently and carefully around the gum line so you don't remove gum tissue.
- Use a toothpaste for sensitive teeth. Several brands are available. Regular use should make teeth less sensitive. You may need to try several brands to find the product that works best for you. Another tip: Spread a thin layer on the exposed tooth roots with your finger or a Q-tip before you go to bed. Use a fluoridated toothpaste, not a tartar control one.
- Watch what you eat. Avoid lots of highly acidic foods and drinks.
- Use fluoridated dental products. Using a fluoridated mouth rinse daily can decrease sensitivity. Ask your dentist about products available for home use.
- Don't grind your teeth. Use a mouth guard at night.
- See your dentist every 6 months (or sooner, depending on your condition).
- If you still have discomfort, talk to your dentist. There may be a procedure that can help. He might recommend:
- White fillings (bonding) to cover exposed root surfaces
- Fluoride varnishes applied to the exposed root surface
- Dentin sealers applied to the exposed root surface

Ex. 5 Place bristles along the **gumline** at a 45° **angle**. Bristles should contact both the tooth surface and the **gumline**.

Gently brush the outer **tooth surfaces** of 1-3 teeth using a vibrating back, forth and rolling motion. Move **brush** to the next froup of 2-3 teeth and repeat.

Maintain a 45°**angle** with bristles contacting the tooth surface and gumline. Gently brush using back, forth and **rolling** motion along all of the inner tooth surfaces.

Tilt brush vertically behing the front teeth. Make several up and down strokes using the front part of the brush.

Place the brush against the **biting surface** of the teeth and use a gentle back and forth scrubbing motion. Brush the **tongue** from back to front to remove odor-producing bacteria.

Ex. 6

dental bridge - is a fixed dental restoration used to replace a missing tooth by joining an artificial tooth permanently to adjacent teeth or dental implants.

dental crown - is a type of dental restoration which completely caps or encircles a tooth or dental implant. They are often needed when a large cavity threatens the health of a tooth. They are typically bonded to the tooth using dental cement and can be made from many materials.

Dental fillings - are used to treat cavities or repair cracked or broken teeth. They may be of gold, porcelain, silver, amalgam (which consists of mercury mixed with silver, tin, zinc, and copper), or tooth-colored, plastic, and materials called composite resin.

Dental implants - An ideal solution for patients missing teeth. They are permanently set in the jaw and affixed with replacement teeth, preventing painful shifting in the mouth.

Dentures - also known as false teeth, are prosthetic devices constructed to replace missing teeth; they are supported by the surrounding soft and hard tissues of the oral cavity. They are usually removable. However, there are many different designs, some which rely on bonding onto teeth or dental implants.

Root canal is a treatment to repair and save a badly damaged or infected tooth instead of removing it. The term comes from cleaning of the canals inside a tooth's root.

Dental braces are a device used to reposition teeth. If you have crooked teeth and/or a misaligned bite (an underbite or overbite), this is the treatment that can help straighten your teeth.

Listening

1. The Greeting

When greeting your patient, you should present your professional appearance which includes: hair off collar, ironed scrubs, clean shoes, no nail polish, trimmed nails, and appropriate/natural looking makeup. When greeting your patient, introduce yourself, give a firm handshake, and speak clearly and confidently.

When taking medical history, make sure that your mask is off so that the patient can clearly understand your questions. However, you must always wear your lab coat, safety glasses, and at least overgloves throughout the appointment. It is also necessary to:

- obtain informed consent
- gather information about diseases and medication and allergy

2. Thorough medical and dental history + vitals

Check and document vital signs - pulse, breath and blood pressure

3. Extraoral exam

Check for any lumps, bumps, abnormalities which may indicate infection or cancer.

You start with palpating the frontalis, the temporalis, the preauricular and postauricular nodes. Then you check the temporal mandibular joint: ask the patient to open and close their mouth, move the jaw and clench their teeth. Continue examining the parotic duct, the zygoma, the angle of the mandibular, submandibular and submental nodes, the thyroid gland, the larynx. Make the patient swallow to asses for any abnormalities and look further at the super and subclavicular nodes, sternocleidomastoid, anterios and posterior cervical nodes, back of the patients ears, posterior cervical nodes and occipital nodes and trapezius muscle.

4. Prior to Intra Oral Exam:

Your patient should wear glasses and patient bibs. Ask them to rinse before you start.

5. Intraoral exam

For intraoral exam we can use: tongue depressor, mirror instrument (either plain or magnifying to see hard and soft palate), dental/periodontal probe (its tip is usually blunt), explorers (straight, curved, interproximal), dental scaler, cotton tweezers, ultrasonic and sonic instruments

6. Restorative assessment

You can take an X-ray (radiograph), check fissures of the teeth and gingival margins and assess for attrition, abrasion or erosion.

7. Periodontal and gingival assessment

You look for any signs of recession, assess accretions (i.e. biofilm, calculus and stains)

Ultrasonic scaler removes calculus, deposits, biofilm and stains. During treatment there needs to be a constant water drip and constant movement to prevent accumulation of heat and gingival burn.

Your cube/cassette contains a sharpening stone, an air-water syringe and debridement assessment instruments such as a debridement curette.

8. Selective polishing

Apply abrasive agent and desensitizing agent, then insert the salivary ejector. After the polishing fluoride can be applied to strengthen the enamel.

The patient's mouth should stay open during the whole process, after it make the patient expectorate and rinse their mouth with water.