

Periodontology propedeutics III.

Prophylaxis

Mechanical plaque removal

It has a fundamental role:

- to prevent periodontal diseases
- in periodontal therapy



iTOP- individually Trained Oral Proflixasis

- Atraumatic
- Effective
- Acceptable



Jiří Sedelmayer

Mechanical plaque removal

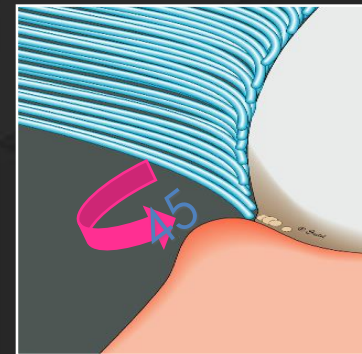
Tools:

- manual toothbrush
- electric toothbrush
- interdental brushes
- dental floss



Modified Bass technique

- Half on the tooth, half on the gingiva
- Brushes at a 45 degrees angle to the tooth surface
- Circular motion with slight pressure
- Advantages: It is capable of cleaning the interdental region and gingival sulcus, atraumatic brushing technique



Special Toothbrushes



Orthodontic toothbrush



Single tooth toothbrush

Electric toothbrush

- We distinguish rotating and ultrasonically vibrating types
- There is no need for complicated brushing techniques
- It can also provide satisfactory results for people with disabilities
- However, they are less suitable for cleaning deeper approximal surfaces

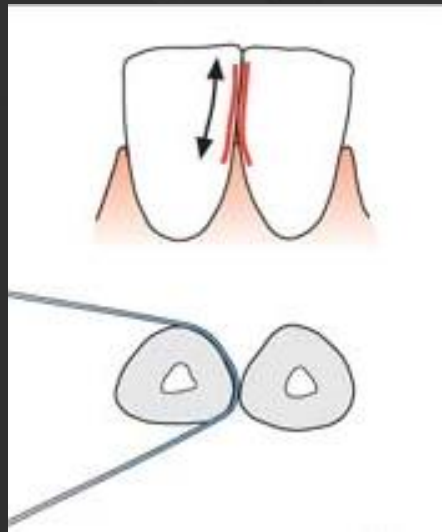


Clean of approximal surfaces



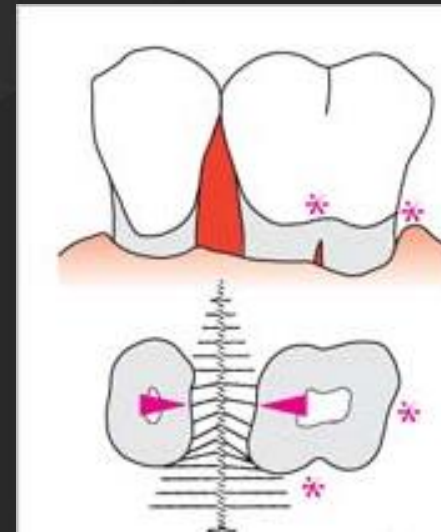
Morphology of approximal surfaces

Fronts



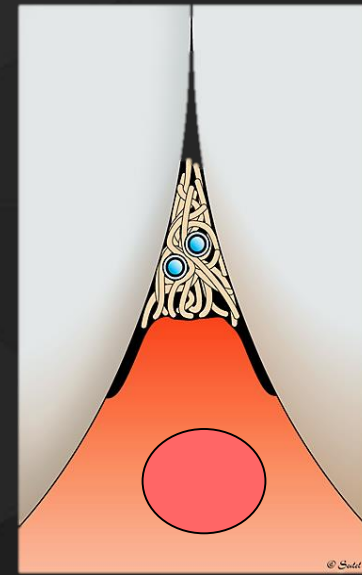
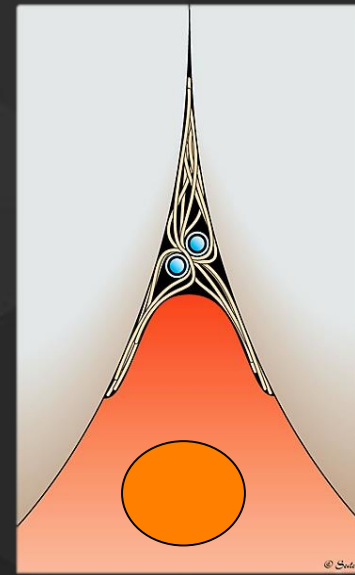
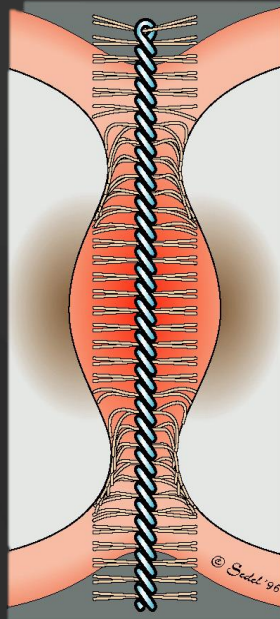
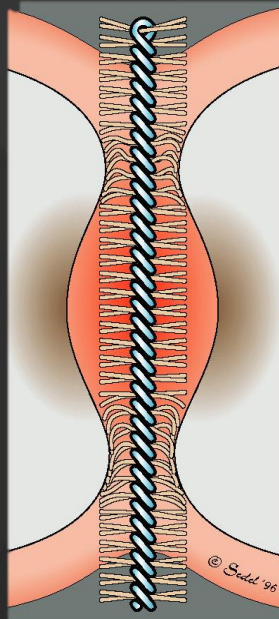
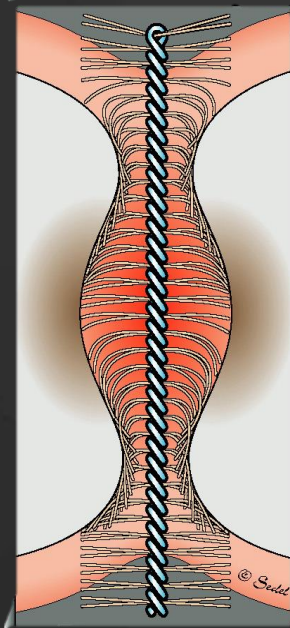
Convex surfaces → dental floss,
interdental brush

Premolars, molars

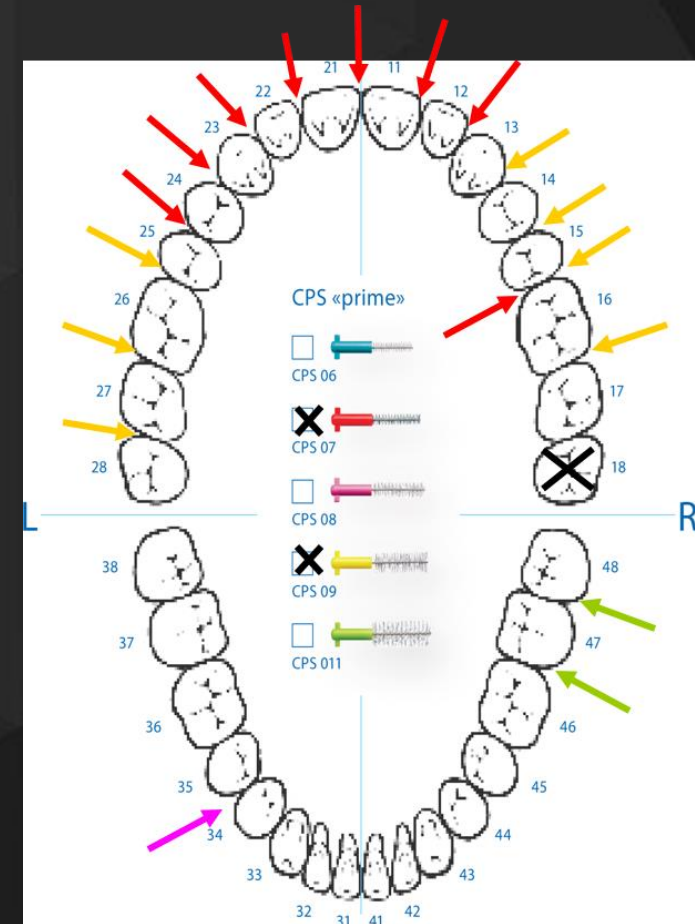
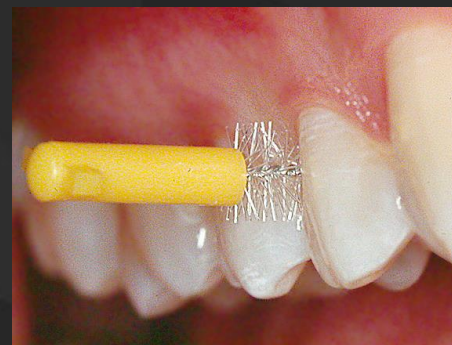
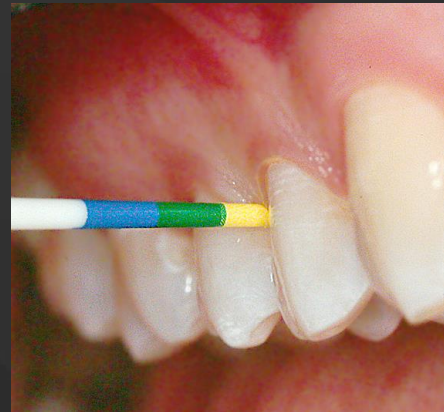
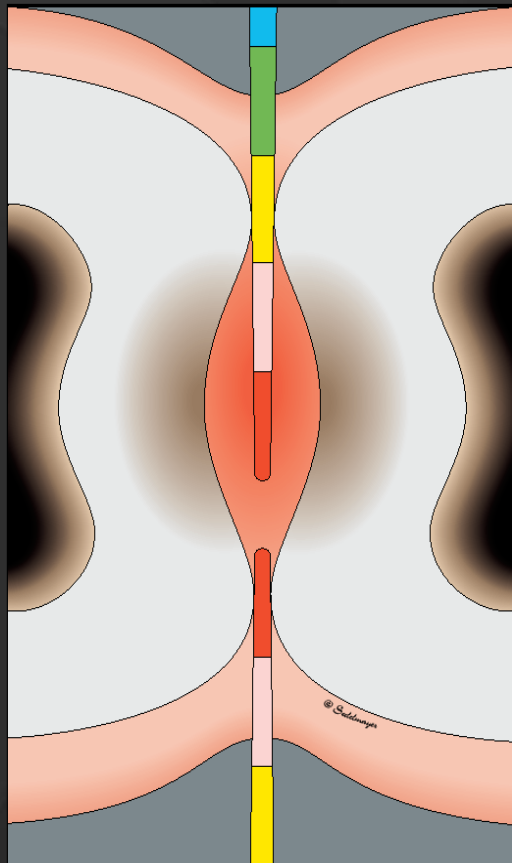


Concave surfaces → interdental brush

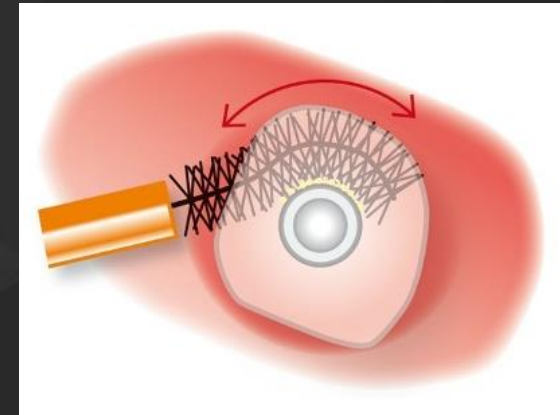
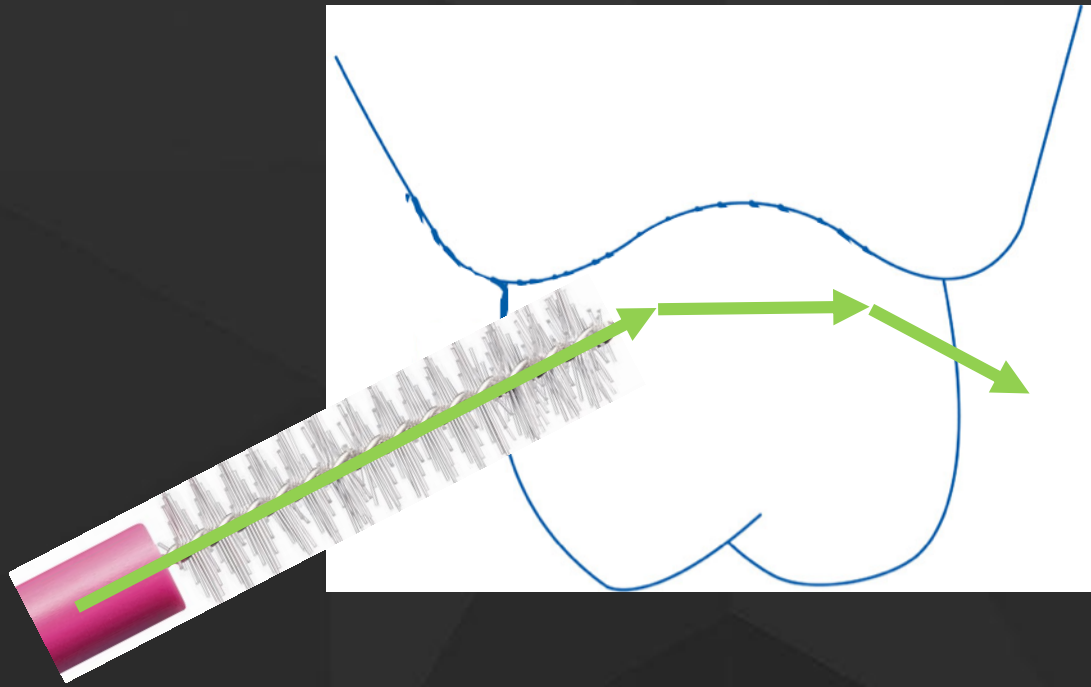
The appropriate size of interdental brushes



The selection of the appropriate size of interdental brushes



Usage of interdental brushes



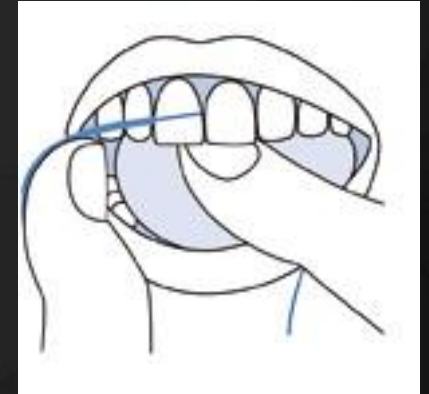
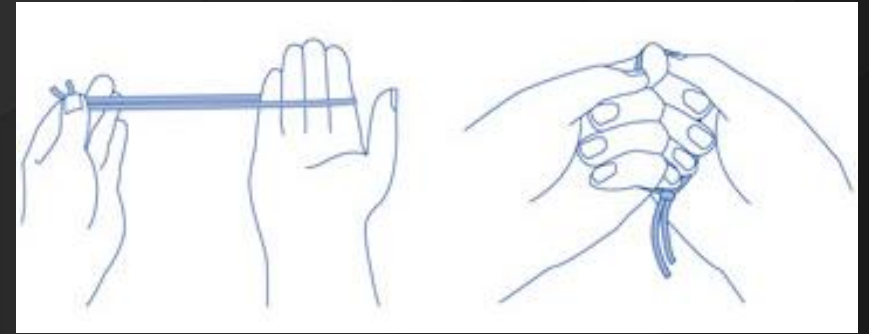
Post periodontal treatment, for cleaning large interdental areas, for bridges and crowns



CPS - Perio

Flossing technique

- cut 30-40 cent pieces, knot together the two ends, forming a small ring
- moving through the contact surfaces upper teeth with the thumbs, for the lower with the index fingers
- clean both surfaces (mesial, distal) of the approximal area



Thank You for your
attention !