

# Periodontology propedeutics III.

Profilaxis

# 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

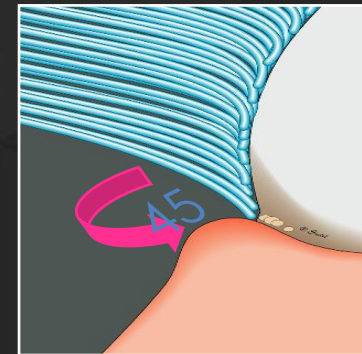
## Tools:

- 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



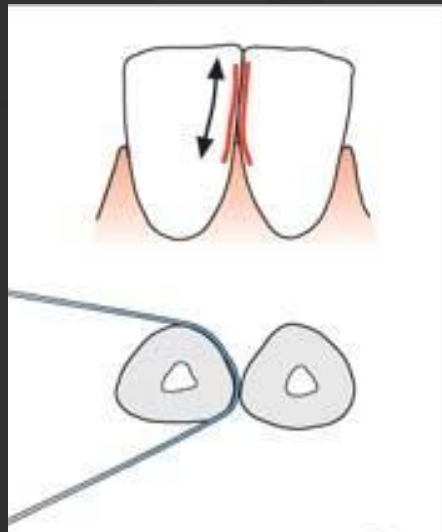
# Clean of approximal surfaces





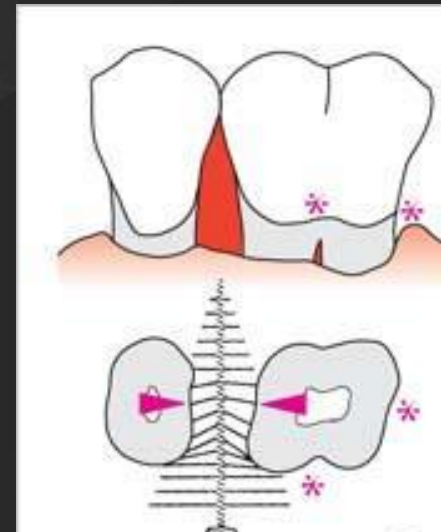
# Morphology of approximal surfaces

## Fronts



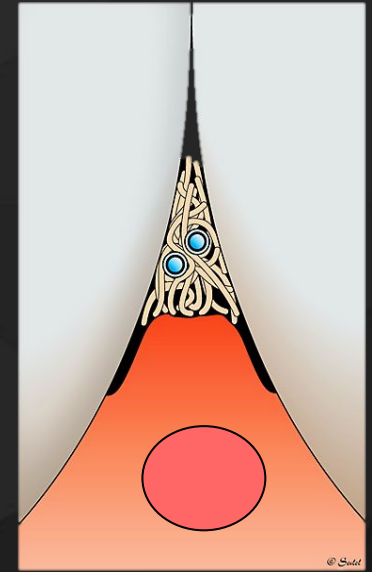
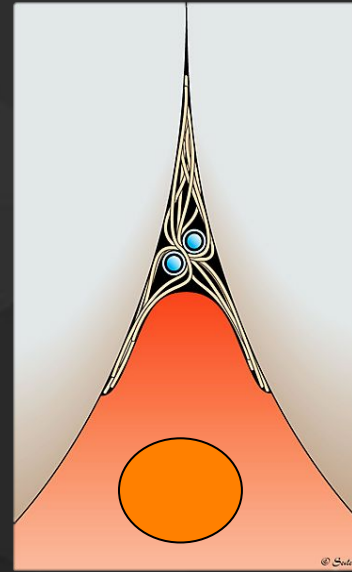
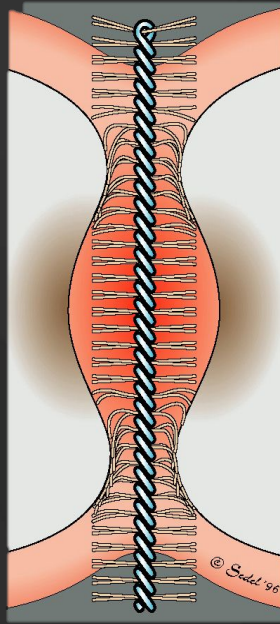
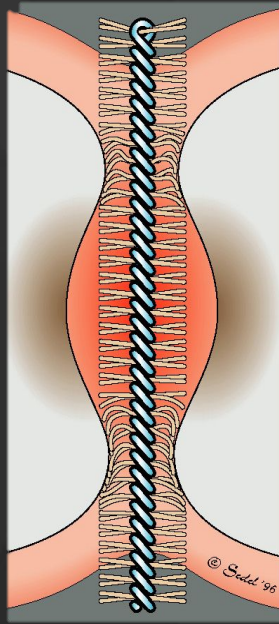
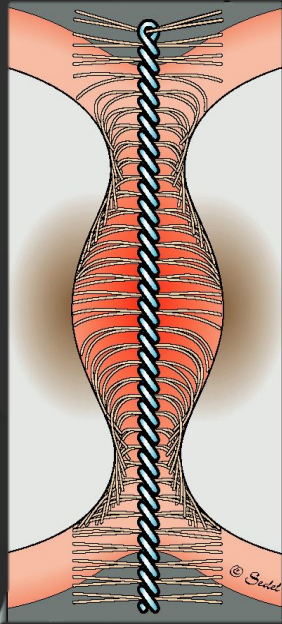
Convex surfaces → dental floss,  
interdental brush

## Premolars, molars

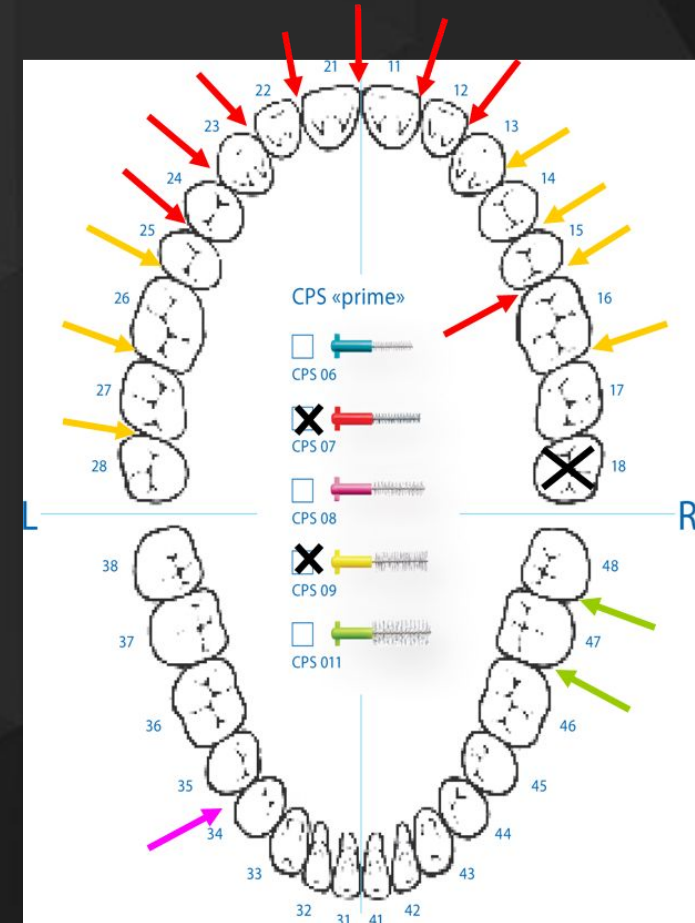
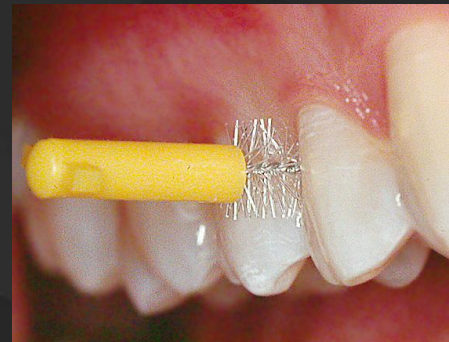
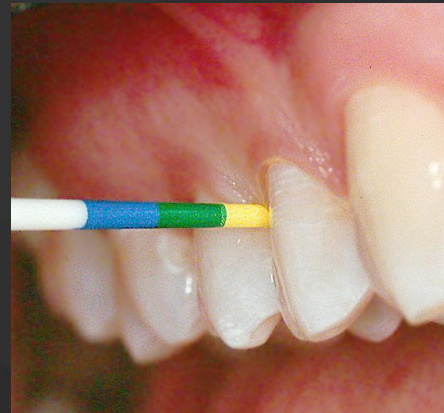
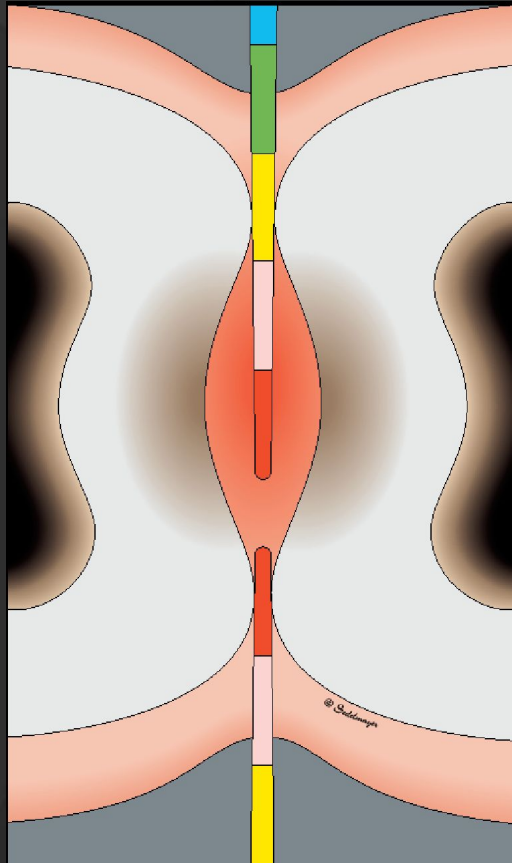


Concave surfaces → interdental brush

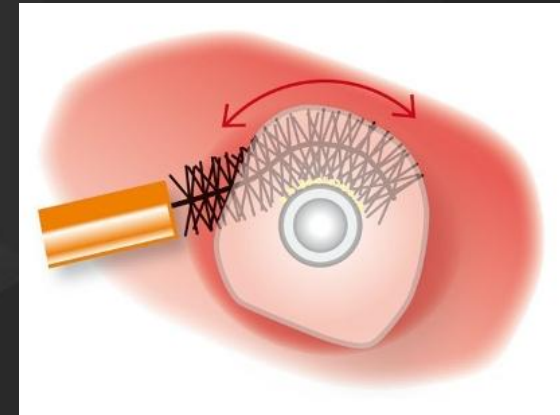
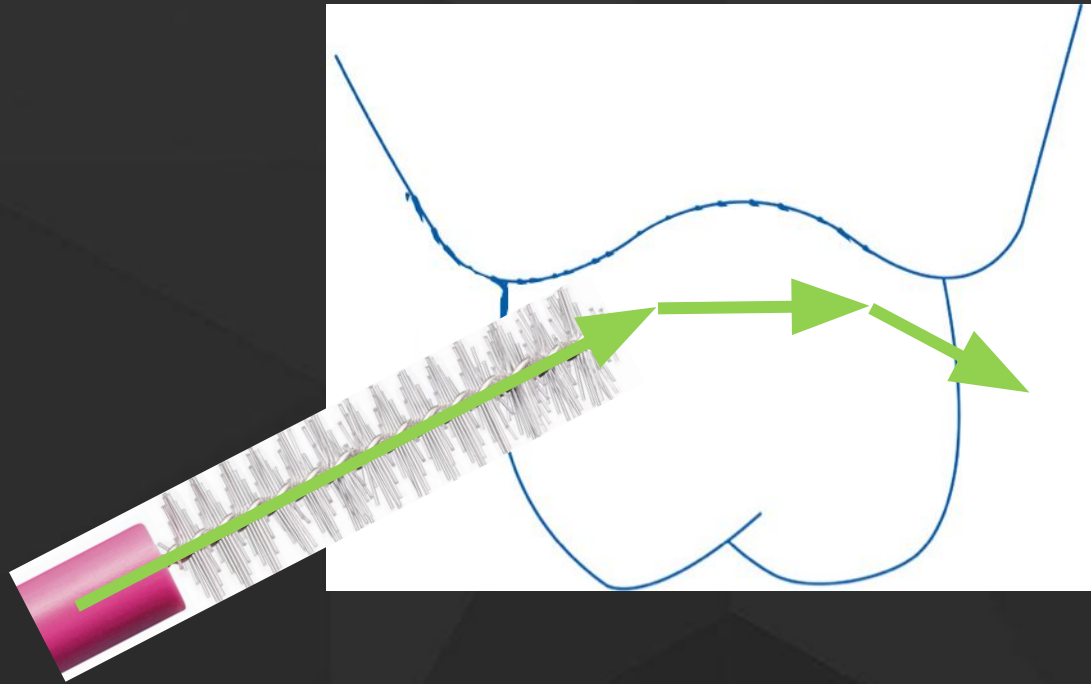
# The appropriate size of interdental brushes



# The selection of the appropriate size of interdental brushes



# Usage of interdental brushes



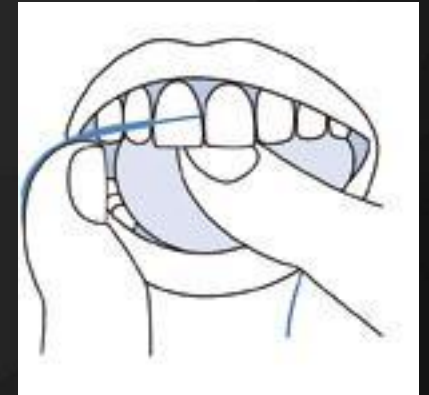
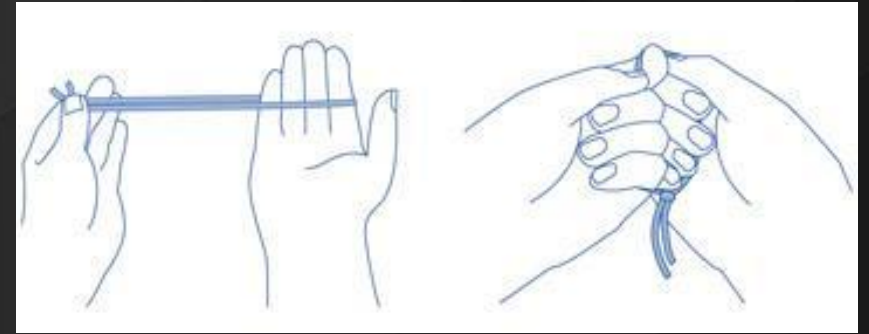
# Post periodontal treatment, for cleaning large interdental areas, for bridges and crowns



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 !