

Harris Escobar

-Dental Hygiene

-Patient Education Booklet

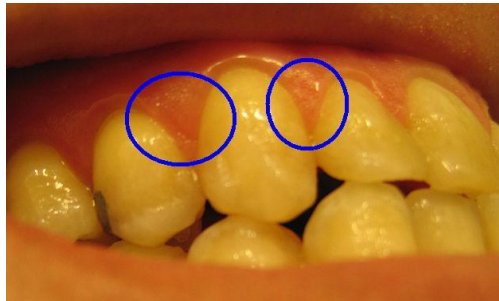


WLAC Class of 2023



Healthy Gums and Dentition

- Healthy gums do not bleed and exhibit knife-edged margins
- Color is pink and consistency is firm
- The texture is stippled and mimics the skin of an orange



Signs of Gingivitis

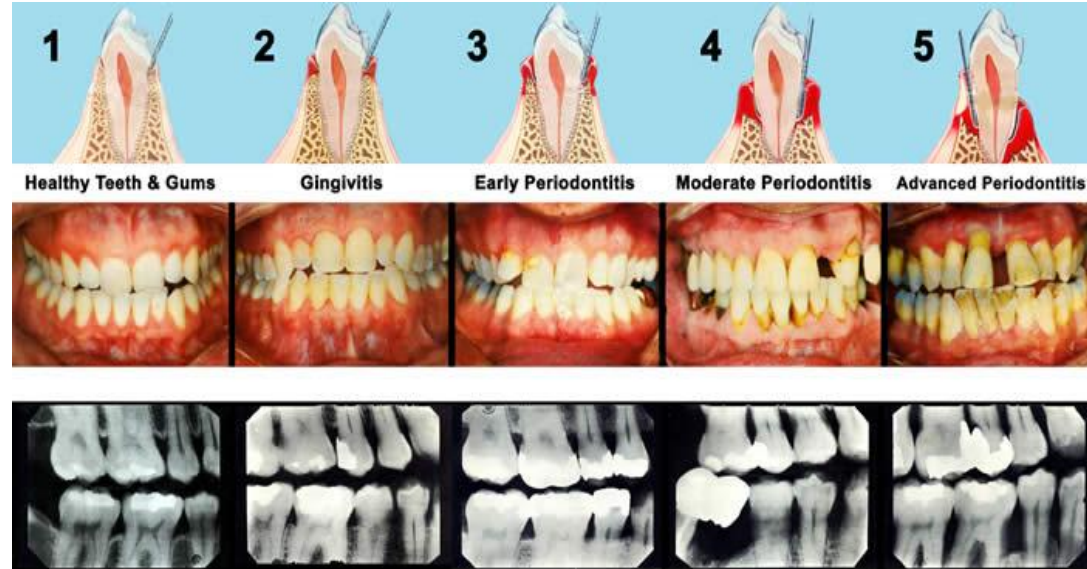
Gingivitis

- Gingivitis means inflammation of the gums or gingiva.
- This is characterized by redness, bleeding and is caused by the buildup of plaque biofilm from lack of proper oral hygiene.
- Gingivitis can also be caused by medications, systemic issues and can worsen into periodontitis.



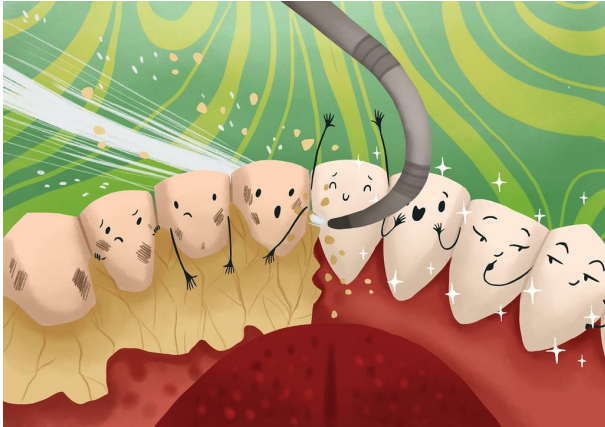
Progression of Periodontal Disease

- Periodontal disease resulting from the progression of gingivitis caused by specific microorganisms
- Characterized by the progressive destruction of the supporting structures of teeth
- Eventually, enough destruction causes teeth to become mobile and susceptible to premature loss



Dental Biofilm and Calculus






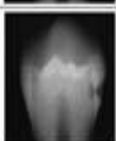

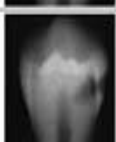
- Dental plaque biofilm can cause cavities, oral diseases, tartar formation and bad breath also known as halitosis
- Dental plaque biofilm is sticky and calcifies to become tartar or calculus (not the math kind)
- Calculus cannot be removed with brushing and flossing
- Calculus must be removed by dental hygienist with dental instruments



Dental decay (Caries/Cavities)

- Dental tooth decay is caused by destruction of tooth structure
- If left untreated a hole or cavity can occur and cause permanent damage to the hard tooth surface
- Tooth decay can occur in infants when put to bed with drinks such as milk, juice and formula in a condition known as baby bottle tooth decay
- As cavities progress they can cause pain, infection and the destruction of the tooth structure requiring major dental work and possible loss of teeth



| Stages | Illustration | Radiographs |
|-----------|---|---|
| Incipient |  |  |
| Moderate |  |  |
| Advanced |  |  |
| Severe |  |  |



Dental Scaling, Root Planing and Debridement

- Treatment of periodontal diseases involves treatment such as scaling, root planing and debridement in order to remove the harmful dental biofilm build up
- These should be done by your dental hygienist at regular recommended intervals to prevent periodontal disease



Scaling



Root Planing

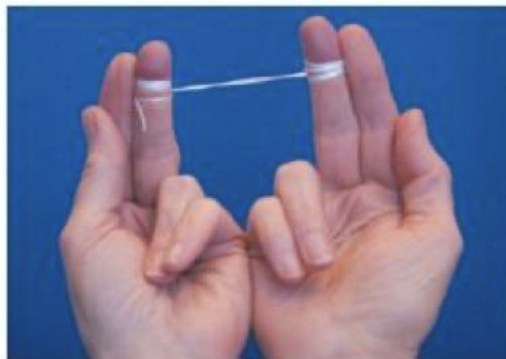
Dental scaling to remove deposits above and below the gums

The Use of Floss and Techniques

- Flossing helps to remove dental build up in between and below the gums
- There are various types of floss, unwaxed, waxed for tighter contacts, nylon, tape and tufted
- Water flossers are also an option but do not replace traditional floss

Instructions

1. 18 inch long
2. Wrap around middle fingers
3. ½ inch of floss between fingertips
4. Gentle seesaw motion to pass contact
5. Wrapping the floss snugly around each proximal surfaces (make C-shape)
6. Using up-down motion from sulcus to contact (3 -4 strokes)



B

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C

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Brushing techniques

- Daily brushing x2 a day will help remove plaque and disturb formation.

Bass Method -

- Direct the bristles into the sulcus at a 45 degree angle
- Vibrate the bristles in a short back and forth motion

Stillman's Method

- Position bristles on the attached gingiva and direct them at a 45 degree angle using firm gentle vibration with the bristles stationary, used for good gingival stimulation

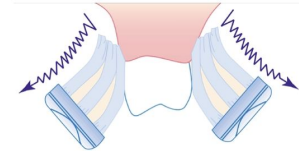
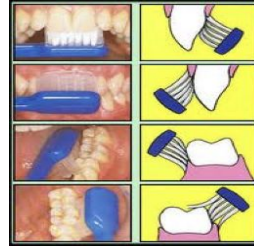
Roll Method

- ❖ Place the side of the bristles on the attached gingiva and direct them toward the biting surface turn the wrist to aid rolling or sweeping can be combined with other methods

Circular Method

- ❑ Quick sweeping circular motion for each tooth (about 5 circles) recommended for children, care not to be aggressive

NO method is to be superior as long as no trauma is being caused, flossing is still recommended for cleaning in between



(From Neuman MG, Carranza FA, Takei H: Carranza's clinical periodontology, ed 9, Philadelphia, 2007, WB Saunders.)
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Types of Toothbrushes Recommended

- Small, soft multi tufted brush is recommended
- Manual brushes on the market come in many varieties
- Soft bristles and extra soft bristles for some patients

1. Colgate slimsoft- 17% slimmer for better access to tight areas
2. Colgate wave- Designed for sensitive gums
3. Oral B Cross Action-Designed for hard to reach areas
4. Oral B Complete-For sensitive teeth and gums



Types of Power Electric Brushes Recommended

- Today's technology offer many styles and helpful tools but choosing the right one for you is key
- It all depends on your needs, budget and complexity of gingival health, most come with pressure sensors, timers and bluetooth capability in order to track your progress and prevent trauma.



- Oral B Pro 1000- Smaller round brush head, 2 minute timer

- ❖ Smart 3000- Same features as Pro with pressure sensor and bluetooth smartphone application capability

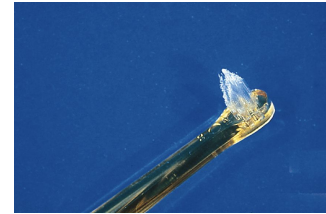


- IO Series- Same features as previous with bluetooth interactive color display for guidance on smartphone.



Interdental Aids, End Tuft Brush

- Aids to clean in hard to reach areas in between teeth and around restorations and braces include....
- Interdental brushes come in varying sizes
- ★ End tuft and single tuft brushes for access to open contacts, behind front teeth
- Sulcus tapered end brushes -Cleaning for sulcus area, Easy to use for hard to reach areas.
- Useful for crown, bridges and implants
- Some stimulation to the tissue.



Toothpick, Stimudent stimulator

-Good for removing plaque in periodontal pockets, furcation or adjacent to orthodontic appliances.

-May not be good for severe recession area

+Also known as rubber tip- Interdental Tip

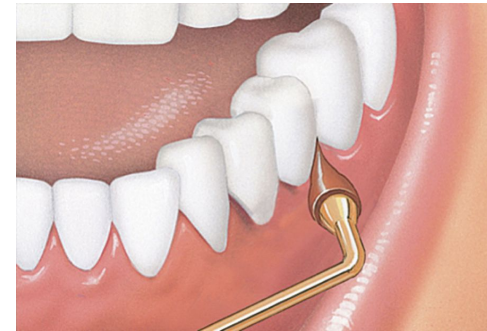
- Remove excess debris and plaque from embrasure area
- Remove plaque from slightly below the gingival margin
- Gingival stimulator



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Hypersensitivity and Use of Products for Products

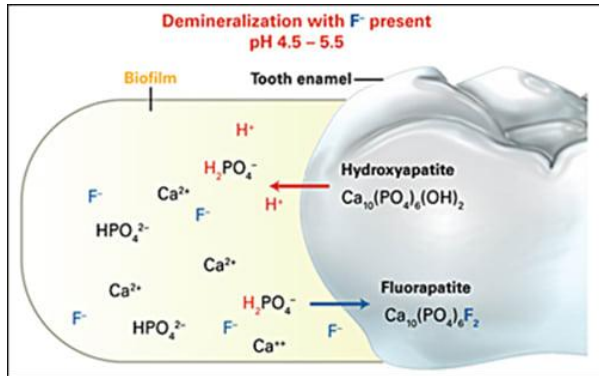
- **Hypersensitivity** occurs when there is demineralization of tooth enamel such as erosion of the tooth surface or abrasion
- **Gum recession** exposes surfaces of teeth that usually are not exposed to the chemicals and temperatures of varying foods.
- **Mouthwashes**- Can be used after brushing in the morning and night, care not to rinse afterwards for 30-60 minutes to allow active ingredients to work
- **Toothpaste**- Prescription and over the counter paste should also be used in the same manner as rinsing with water afterwards can diminish active ingredient activity.....



Hypersensitivity Toothpaste and Products

Hypersensitivity can occur from gingival recession and worn enamel

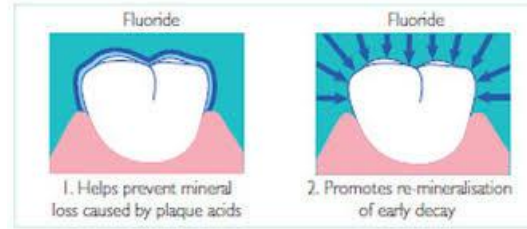
- Therapeutic over the counter prescription products include....
- ★ **ACT** mouthwash and mouthwashes containing fluoride for mild sensitivity
- ★ **Sensodyne** toothpaste with sodium fluoride and potassium nitrate
- ★ Prescription toothpaste such as **Gel Kam**, **Prevident 5000** with therapeutic levels of fluoride which your dentist can prescribe



Professional Fluoride Use

- Fluoride works to.....

1. Inhibit demineralization
2. Enhancement of remineralization
3. Inhibition of plaque bacteria
4. It can be used topically or systemically through ingestion
5. Ingestion of fluoride in large amounts can be toxic so care must be taken with small children , tablets and lozenges are available by prescription
6. Fluoride ions incorporate into tooth structure making it less susceptible to demineralization
7. Higher risk individual can have fluoride varnish which coats and sticks to tooth surface applied every 3-6 months



Fluoride Varnish Applied by your Hygienist

- Fluoride Varnish 5% sodium fluoride is one topical way your hygienist and dentist can provide supplemental topical fluoride for prevention of sensitivity, prevention of cavities and even reverse some areas of demineralized tooth structure.
- Fluoride can be applied every 3-6 months for high risk individuals



Mouthrinse Mouthwash

- Mouthrinses are another way to treat conditions in the mouth such as dry mouth cavity protection, and available in different formulations such as alcohol and SLS free (sodium lauryl sulfate free)

★ Anticaries- ACT with 0.05% Sodium Fluoride is the most popular anti cavity oral rinse recommended and it is alcohol free.

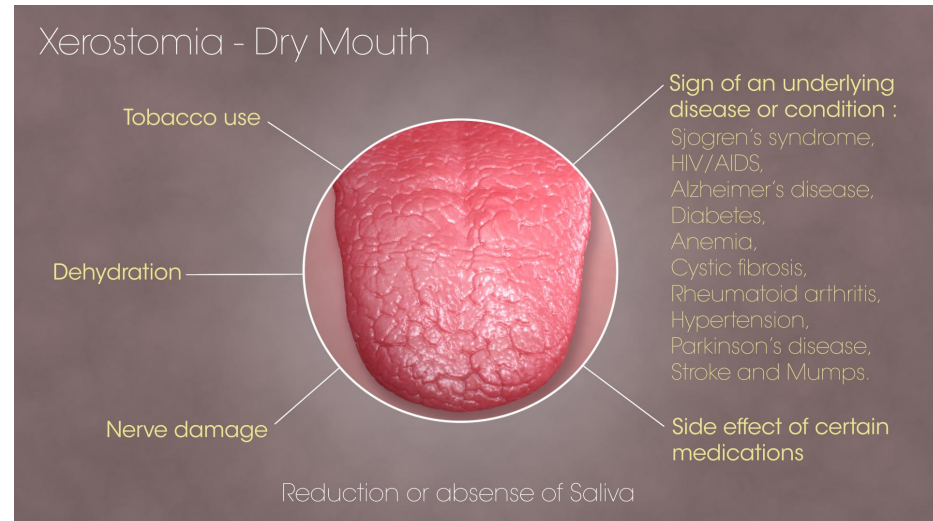
★ Dry mouth- Biotene products contains humectants that help retain moisture in the oral cavity also alcohol free.

★ Antigingivitis-Listerine has been a household name for years and now formulated for distinct care, Listerine Naturals contains thymol an antibacterial and anti inflammatory agent



Xerostomia (Dry mouth)

- Dry mouth can come from many sources such as **disease, damaged saliva glands, dehydration, medical treatments such as chemo and radiation therapy, diabetes**
- Avoiding things like **smoking**, very **acidic drinks** like soda, and **managing glucose** levels in diabetics is one way to keep dry mouth at bay
- **Drink plenty of water** and neutralize acidic conditions by drinking or rinsing with water can combat dry mouth, there are also products like **Biotene** which help as well



Smoking, Oral Health, Help Quitting

- Smoking of any kind has been clinically and scientifically proven to not only affect your general health but oral health as well.
 - Cancers of the tongue, mouth, throat, lungs, bladder, kidneys and blood are only few that are greatly increased by smoking, 90% of lung cancers are induced by smoking
 - Products and counseling to help quit smoking include.....
1. **Medications- Chantix** is a medication to help adults stop smoking by decreasing the stimulating effects of nicotine...
 2. **Patches, Gum and Lozenges**- These over the counter products can help decrease cravings and symptoms of nicotine withdrawal with help from your healthcare provider to address underlying health issues...



Smoking, Oral Health, Help Quitting

3. Counseling and behavioral therapy-

Many healthcare providers, state and government sites, even free college therapy is available at little to no cost to those seeking help for quitting smoking, and mental health.

- Your dental hygienist will always be on your side.
- Your general, oral, mental and behavioral health is important to us.
- There are no questions we deny and will help you to the best of our ability.
- DO NOT hesitate to ask us for help
- WE ARE ON YOUR TEAM.....



**STRONGER
TOGETHER**

Help with Smoking Cessation and Health

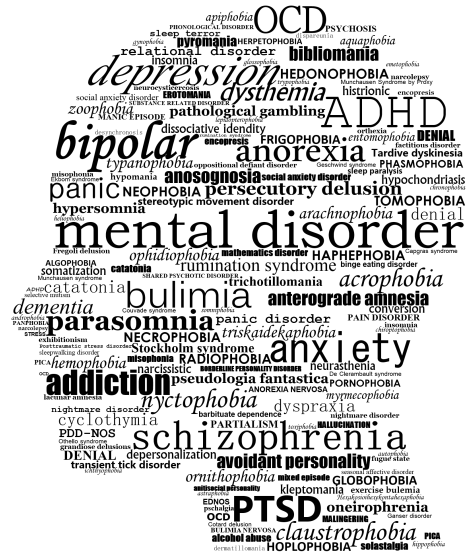
- Sites for instant help with quitting smoking, mental health and counseling include.....

➔ [QuitAssist.com](https://www.quitassist.com/helpful-resources.htm?gclid=CjwKCAiAsYyRBhACEiwAkJFKoiRN6g1JizEnJ_NIDIDNMWbStlbQP4OcfGaQq8ja2-ttnxINnt-m8hoCpQIQAvD_BwE)- free available help 24/7 with live help for any questions about helping quitting smoking and general mental health links

https://www.quitassist.com/helpful-resources.htm?gclid=CjwKCAiAsYyRBhACEiwAkJFKoiRN6g1JizEnJ_NIDIDNMWbStlbQP4OcfGaQq8ja2-ttnxINnt-m8hoCpQIQAvD_BwE

➔ [Kickitca.org](https://kickitca.org/quit-smoking?gclid=CjwKCAiAsYyRBhACEiwAkJFKotyDq8hiN0iYF7XF65X4CQhvsG145IZH-eBvCa jiHxhXpPTlhkcSrBoCZnMQAvD_BwE)- California just one of the great states willing to help and encourage quitting smoking and help for no cost, there's always someone there to help you, we are not just known for the best beaches and climate

https://kickitca.org/quit-smoking?gclid=CjwKCAiAsYyRBhACEiwAkJFKotyDq8hiN0iYF7XF65X4CQhvsG145IZH-eBvCa jiHxhXpPTlhkcSrBoCZnMQAvD_BwE



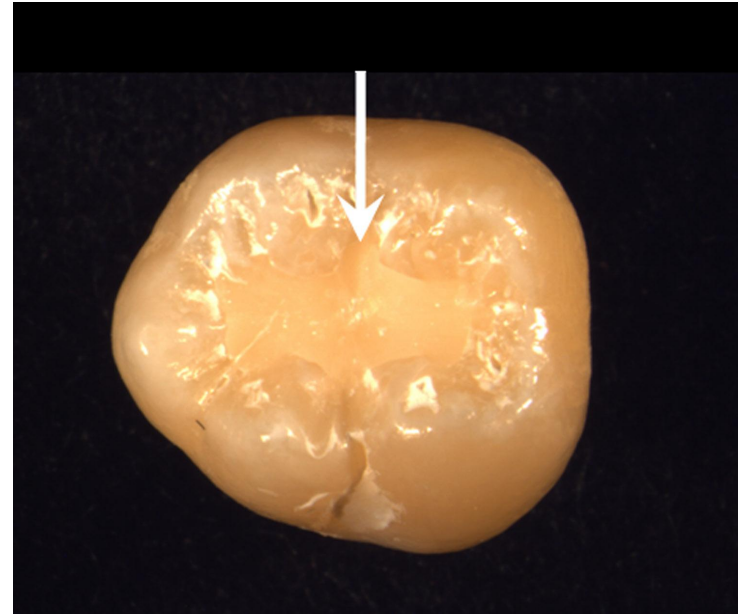
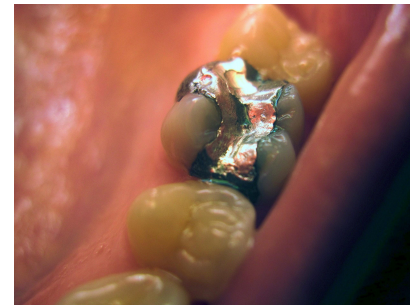
Restorative Education

- Dental restoratives have been around since the stone age believe it or not
- Early man excavated cavitated lesions and fill them with beeswax and herbs which is not uncommon from what is done today with more understanding of microbiology, function, materials and engineering
- Restorative therapy for destroyed tooth structure include a variety of options for replacing anatomy, function and long lasting prosthesis from the first filled tooth many eons ago



Restorative Dentistry

- **Fillings**- Made to fill a small area of destroyed tooth structure, the filling is the most commonly known restorative treatment, made up of resin or amalgamated metals
- Many misconceptions about fillings may include that almost any cavity can be filled with a simple filling, this is not true.



Restorative Dentistry- Crowns

- **Crowns** function to replace large amount of tooth structure which fillings cannot adequately replace
- **Crowns** can come in many materials and forms such as onlays, inlays, overlays; which are placed indirectly, meaning they are made outside of the mouth and placed with cements or resins to adhere to sound tooth structure



Fixed Bridges

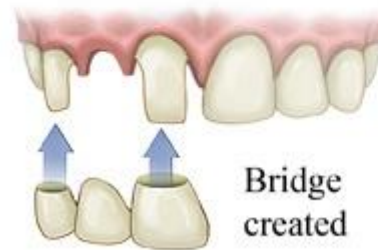
- Bridges are multiple crown unit to replace one or more missing teeth
- They can also be made of several types of materials and are cemented onto “abutments” which are the teeth prepared by the dentist to hold the missing teeth “pontics”
- These are good options to replace missing teeth although removing healthy tooth structure is not preferred and other options such as implant(s) will be discussed.....



Missing tooth



Adjacent teeth prepared



Bridge created



Bridge in place

Dental Implants

- Dental implants are used to replace one or more missing teeth by surgically inserting a titanium threaded implant that fuses with the bone
- This acts as an analog to the tooth root which a crown, bridge or over denture can be attached to
- They offer reliability to replace missing teeth without removing healthy tooth structure to adjacent teeth like traditional bridges

Types of Dental Implants



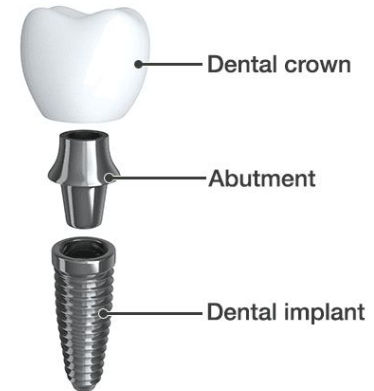
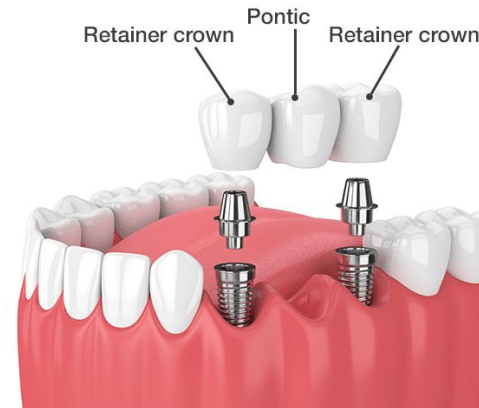
Single Tooth Dental Implant



Implant-Supported Bridge



Implant-Supported Denture



Removable Prosthetics (Dentures)

- Dentures are a removable prosthetic to replace single, multiple or all missing teeth
- They offer function and esthetics and have been around since the days of George Washington and possibly earlier
- They do have to be relined every few year due to the changing structure of the mouth due to resorption of bone
- Bone resorbs when there is no stimulation from the occlusal forces that teeth and surrounding ligaments provide



Orthodontics (Braces)

- Malocclusion, crowded teeth can make for difficulty removing plaque and create tight spaces where bacteria love to hide
- There are many options for correcting bite with traditional metal braces, ceramic braces and clear trays such as Invisalign
- The process works by remodeling the surrounding supporting bone with careful movements over time



Nutrition, Exercise and Oral Health

- Eating right and exercise are contributors to general health
- Oral health and total health are interconnected
- Refined Carbohydrates are associated with tooth decay because when starches from white flour linger in the mouth they break down into simple sugars.
- Bacteria in the mouth feeds on these sugars and produces acids, which in turn causes tooth decay
- Whole grain carbohydrates are better
- Whole wheat bread, pasta and crackers, bulgur, oatmeal, quinoa, wild rice, corn

