Профессиональная гигиена

DEFINITION OF PROFESSIONAL ORAL HYGIENE: PURPOSE, TASKS AND BASIC CONTENT

Professional oral hygiene may be defined as the scientific care of the teeth and mouth. Also professional oral hygiene is defined as preventive measures aimed at removing dental plaque and preventing it from recurring.

The purpose of professional oral hygiene is to prevent the building up of plaque.

The objectives (approaches) of professional oral hygiene are the next:

1) mechanical plaque removal by individual;

2) plaque removal by dental professional.

The course of professional oral hygiene for the patient. The course of professional oral hygiene for the patient consists of at least 3 visits. In case of professional plaque removal during only one visit in patients with poor oral hygiene we work as a cleaner. Because during the next visit teeth will be dirty again and we will see soft deposits and calculus at the same or even more amount.

During visit 1 the items of our agenda are the next:

– oral status and oral hygiene assessment;

– the motivation for the controllable risk factors of dental diseases;

– planning prevention of oral diseases;

– selection of tooth brushing methods, oral hygiene tools and dentifrices;

– tooth brushing training of a patient on a model.

Therefore, during visit 1 we solve the first objective of professional oral hygiene — mechanical plaque removal by individual.

During visit 2 we should do the next:

– supervised tooth brushing and correction of individual oral hygiene;

– correction of selected tooth brushing methods, oral hygiene tools and dentifrices (if it is necessary);

– plaque removal by a dental professional from 1–4 quadrants (it depends on clinical situation).

But in the case of poor oral hygiene of the patient we repeat plan of visit 1 again.

And during visit 3 our plan is the next:

– supervised tooth brushing and oral hygiene assessment;

– checking the quality of cleansing subgingival areas in the treated quadrants;

– removal of the remaining dental plaque;

– identification of foci of demineralization, demonstration to patient and remineralisation.

We carry out professional oral hygiene usually twice a year. In case of periodontal diseases frequency of professional oral hygiene may be increased.

PROFESSIONAL REMOVAL OF DENTAL DEPOSITS

Professional removal of dental deposits (mechanical tooth cleaning) is the selective removal of supragingival and subgingival plaque from all tooth surfaces with mechanically driven instruments and fluoride polishing paste by specially trained personnel — prophy dental nurse, dental hygienist or dentist. It also includes the removal of calculus and subgingival plaque. Before starting the professional plaque removal we must do oral instillation with antiseptic and local anesthesia (if it is necessary).

PROFESSIONAL REMOVAL OF SOFT DENTAL DEPOSITS:

TASKS, TOOLS AND METHODS

Professional removal of soft dental deposits is carried out with instrumental and apparatus methods. The aim of both methods is to remove dental plaque.

During instrumental removal of soft dental deposits the vestibular and lingual surfaces of all teeth are cleaned with such aids as rotating rubber cups (used for gingival area) and rotating brushes (used for tuberal area). Interdental cleaning is carried out with reciprocating interproximal tips, dental tape and floss, dental plastic and metal strips. We use also polishing pasts with different abrasive level.