

**HEALTH FOR YOUR MOUTH?!  
FOR A BRIGHTER SMILE.**





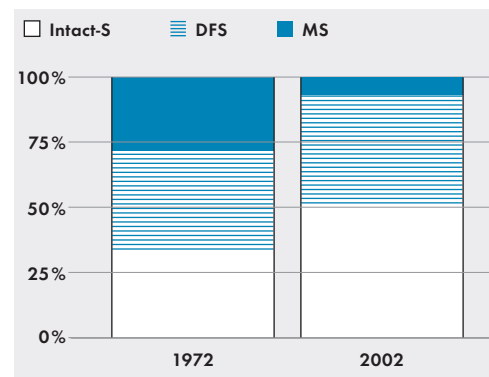
## PROPHYLAXIS FOR YOU!

It's worth **looking after your oral health**, as a healthy smile makes you feel better and more confident. Targeted preventative care can keep teeth healthy into old age. Today, it's clear that everyone has benefited from rethinking their own oral hygiene and from prophylaxis treatments at the dentist. This is confirmed by the results of an internationally recognised study\*.

\*Axelsson P, Nyström B, Lindhe J: The long-term effect of a plaque control program on tooth mortality, caries and periodontal disease in adults. Results after 30 years of maintenance.

One of the things the study shows is that, thanks to the performance of preventive measures and dental health education over a period of 30 years, more patients have steadily had a larger number of healthy teeth over the period in question.

Percentage of intact surfaces, (Intact-S), decayed and filled surfaces (DFS) and missing surfaces (MS) in 51-65-year-old subjects in 1972 compared to 2002



### BUT THE STUDY REVEALED MORE:

The risk of illnesses affecting the periodontium is continuing to rise. The most common form of this disease is periodontitis (inflammation of the periodontium), which is caused by disease-causing bacteria becoming embedded in the pockets of the gingival margin. From the age of 45, this is the most common cause of tooth loss.

It is therefore even more important to increase our efforts in developing preventative measures, improving early detection and ensuring the timely treatment of illnesses. In other words, we need to be focusing on prophylaxis!

# PROPER CLEANING!

Good oral and dental health begins with regular and thorough cleaning.

In general, dentists recommend that you brush your teeth at least twice per day. When doing so, it is important that all the surfaces of the teeth are cleaned. A systematic brushing technique can make this easier:

Start with the **molars**, then clean the **incisors** and finally the **backs** of the teeth.

As soon as the first milk teeth start coming through, parents should begin cleaning their toddlers' teeth everyday using a very soft toothbrush. A pea-sized amount of children's toothpaste with reduced fluoride content, if necessary, should be used once per day. From the age of two, a children's toothpaste containing fluoride can be used twice per day. Older children (from the age of six) can use an adult toothpaste.

The use of an electric toothbrush has proven successful. It can be motivating for children and makes cleaning easier in most cases.

And good dental and oral hygiene should also be more than achievable with a manual toothbrush.

The interdental spaces also require attention, as they are not cleaned if focus is only given to the visible surfaces of the teeth. Bacteria gather in the interdental spaces and cause plaque, which can lead to caries or inflammation of the gingiva. This can be avoided by using dental floss and interdental brushes.

Tongue cleaners remove the build-up of bacteria on the tongue, which can also cause bad breath, for example.

Sugar-free chewing gum can also defend the mouth against bacteria. Gum stimulates salivation and can therefore have a caries-prophylactic effect, especially between meal times.

Your prophylaxis team can provide you with further information on this topic, such as on fluoride content and cleaning technique.

# GOOD ORAL HYGIENE DOESN'T STOP AT BRUSHING.



GOOD ORAL HYGIENE AND A HEALTHY DIET are important requirements for combatting caries and periodontitis. Stubborn deposits and a build-up of bacteria (plaque) on surfaces of the teeth that are difficult to reach require additional professional teeth cleaning at the dentist – this applies to people of all ages and with or without dentures.

FOR CHILDREN (FROM PRE-SCHOOL AGE), children's prophylaxis treatment is recommended with individual teeth cleaning and a fissure sealant, if necessary. Fissures are the grooves between the bumps on the biting surfaces of the molars. It is easy for bits of food to get trapped here. These are very difficult to remove by brushing and increase the risk of caries.

# EVERYONE NEEDS PROPHYLAXIS ...

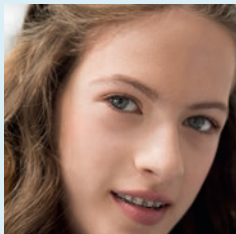
... but this can vary greatly.



## CHILDREN

Although milk teeth are not permanent, they still carry out important tasks. The act as placeholders for permanent teeth and reduce the risk of malposition. An intact set of primary teeth is also beneficial for a child's general health, language development and nutrition.

**Milk teeth are especially sensitive and at risk of caries**, as the tooth enamel is less mineralised. Children often lack good brushing technique or are difficult to engage in oral hygiene. Most children also prefer to eat sweet things. For a healthy set of teeth, the right course should be set as early as possible. Your prophylaxis team will be happy to provide you with expert advice!



## CHILDREN AND YOUNG PEOPLE EXPERIENCING SECONDARY DENTITION AND ORTHODONTIC PATIENTS

Prophylaxis for young people is mainly used to encourage a responsible attitude to oral hygiene.

Permanent braces do not damage teeth, and those who always brush thoroughly will not have any problems. Nevertheless, daily tooth brushing is made considerably more difficult by the small plates attached to each tooth, known as brackets, and the metal band attached to these. Deposits which gather around these parts can cause caries or gingivitis. In this case, expert advice and an explanation of the most suitable cleaning techniques and oral hygiene tools are extremely important.

## INDIVIDUAL PROPHYLAXIS FOR ADULTS

This treatment focuses on keeping teeth healthy. When looking after your oral hygiene at home on a daily basis, some areas of your teeth are difficult to reach with a toothbrush or other tools. This is exactly where bacterial build-ups occur, which damage your teeth and gingiva. We therefore recommend having these deposits removed regularly with professional cleaning.

In particular, patients with permanent or removable dentures will benefit from the professional support offered by the dental prophylaxis team. Dentures mostly require specific, individual care.

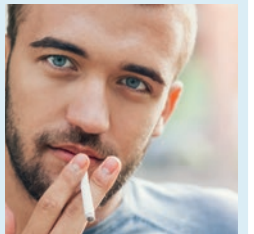
This is where tailored oral hygiene advice and professional teeth cleaning come in to support the patient in looking after their own teeth and dentures in the long-term.



## SMOKERS

Smokers suffer more frequently from periodontal diseases such as periodontitis, as they are more susceptible to inflammation due to the regular intake of nicotine.

Periodontitis progresses much more aggressively in this case. It is more difficult to detect, as the typical signs, such as swelling, reddening and bleeding of the gingiva, are not present as they are suppressed by the nicotine. Regular check-ups and professional cleaning can therefore detect the beginnings of periodontal diseases and work to counteract them at an early stage.





### **PREGNANT WOMEN**

Luckily, the expression “Gain a child, lose a tooth” no longer applies, but prophylaxis still plays an important role during pregnancy. The hormonal changes relax the connective tissue, which can frequently lead to gingivitis and swelling. If such periodontal diseases become established and remain untreated, they pose a certain risk of premature birth or a low birth weight of the new born. We therefore recommend having two check-up appointments during pregnancy. After a detailed examination, the teeth are cleaned professionally in order to reduce the bacterial count in the mouth. Subsequent regular check-ups can therefore detect any inflammation early on and provide specific treatment. Your prophylaxis team will be happy to provide you with useful information on oral health and nutrition during pregnancy and afterwards.



### **PEOPLE WITH PERIODONTAL DISEASES, e.g. PERIODONTITIS:**

Chronic periodontitis requires long-term maintenance therapy to ensure that treatment is successful. This involves the regular removal of bacterial deposits, which helps to keep the re-emergence and progression of this inflammatory periodontal disease under control.

### **THE ELDERLY**

Long-term prophylaxis treatments aim to ensure healthy teeth into old age. Many senior citizens are fit and full of vitality, and benefit from prophylaxis appointments mainly due to the particularly thorough cleaning and care offered for their teeth, dentures and prostheses, which support a healthy mouth. Motor skills sometimes change and the care given to teeth at home requires more expert support or advice on the best tools to use.

### **PEOPLE IN NEED OF CARE**

Such people are often no longer capable of looking after their own teeth or prostheses, or of organising a dentist appointment or visiting a dental practice alone. This is where the specific, professional support of the prophylaxis team in conjunction with family members or caregivers can be immensely helpful.

### **PEOPLE WITH CHRONIC ILLNESSES**

General chronic diseases, such as diabetes, influence oral health and are closely linked to inflammation of the periodontium. If the patient is regularly taking medication, this can often lead to the side effect of having a dry mouth. This means that there is little saliva rinsing around the teeth, which is important as it provides and protects the teeth with moisture and minerals. Your surgery team will be happy to discuss your individual preventative treatment with you.



# PROFESSIONAL TEETH CLEANING – WHAT EXACTLY HAPPENS?

Step by step to a brighter smile.



## 1. EXAMINATION OF THE WHOLE ORAL CAVITY

At the beginning of the professional teeth cleaning process, the teeth and gingiva are thoroughly examined.

The dentist will also look out for any changes in the oral cavity which may be a sign of disease, including the mucous membrane and the tongue.

## 2. PREPARATION

To reduce the quantity of bacteria in the oral cavity, the mouth can be rinsed beforehand with a special solution, such as Lunos® dental rinse from Dürr Dental. Plaque on the teeth is often dyed. On the one hand, this helps to monitor the progress of work when removing plaque, and, on the other hand, can also be used to show the patient where stubborn plaque is hiding. This can optimise oral hygiene.

## 3. REMOVAL OF SOFT AND HARD PLAQUE

All surfaces of the teeth that can be reached, including the areas between the teeth and the gingival pockets, are freed from soft and hard deposits, such as calculus, using special instruments and devices (e.g. ultrasound procedures such as the Vector system from Dürr Dental). These deposits can only be removed professionally by your prophylaxis team.

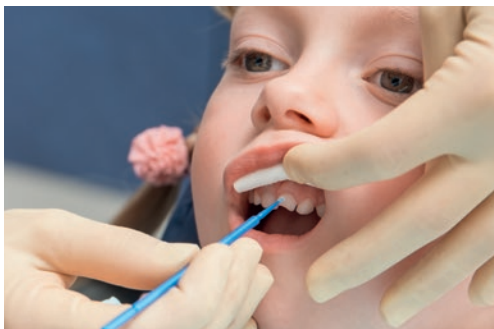
In this step, tooth discolouration, such as that caused by coffee, tea or nicotine, is removed thoroughly. Spray powder devices (e.g. MyLunos from Dürr Dental) are among the devices used in this step. Using special cleaning powders, they use a jet to remove deposits especially gently from the tooth.





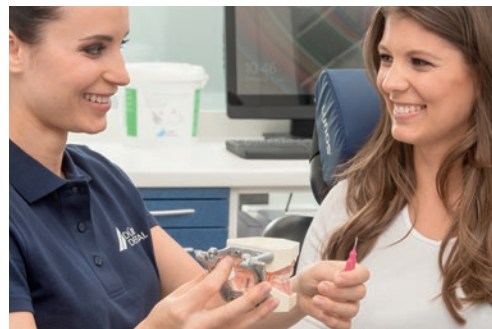
## 4. POLISHING

As smooth surfaces make it difficult for germs to settle, teeth are polished after the professional cleaning, using Lunos® prophylaxis paste, for example. This prevents plaque and calculus from forming again so quickly. The polish is also suitable for removing soft deposits and tooth discolouration effectively.



## 5. FLUORIDATING

To protect and strengthen the tooth enamel, a fluoride treatment is provided at the end of the professional teeth cleaning session, with fluoride being applied in the form of a varnish or gel. Concentrated fluoride is also suitable as an intensive treatment for teeth at particular risk of caries or that are extremely sensitive. In prophylaxis for children and young people, the biting surfaces on the molars can be sealed with thin liquid plastic, such as Lunos® fissure sealant, and therefore be better protected against caries.



## 6. CONSULTATION

In the last step of the professional teeth cleaning treatment, the patient receives tailored information on how to clean their teeth and gingiva in accordance with their personal needs. They are also advised on useful tools, such as interdental brushes or floss, which can be used at home to optimise oral hygiene.

To conclude the session, an ideal date is set for the next prophylaxis appointment.

# HEALTH FOR YOUR MOUTH?! WHAT YOU CAN DO YOURSELF

To prevent caries and diseases of the gingiva and periodontium, and to keep your teeth healthy and strong for as long as possible, the following tips will be helpful to you:

- **Clean your teeth at least twice per day** in accordance with the recommendations provided by your prophylaxis team.
- **In addition to your toothbrush, use tools** such as dental floss or interdental brushes to clean especially hard-to-reach places.
- **Make use of professional prophylaxis treatments**, such as professional teeth cleaning or prophylaxis for children and young people.
- **Have regular check-ups at the dentist:** adults should attend at least once per year and children every six months. The dentist will not only examine the health of your teeth and gingiva, but will also look out for changes in the oral mucous membrane that may be an indication of disease. Patients residing in Germany can have their regular check-ups recorded in what is known as a bonus book, meaning that dentures are more heavily subsidised by the health insurance company, if necessary.





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Dental practice stamp