



# DENTAL HYGIENE DEPARTMENT



NEW YORK CITY  
COLLEGE OF TECHNOLOGY  
*the senior-level college of technology  
of The City University of New York*

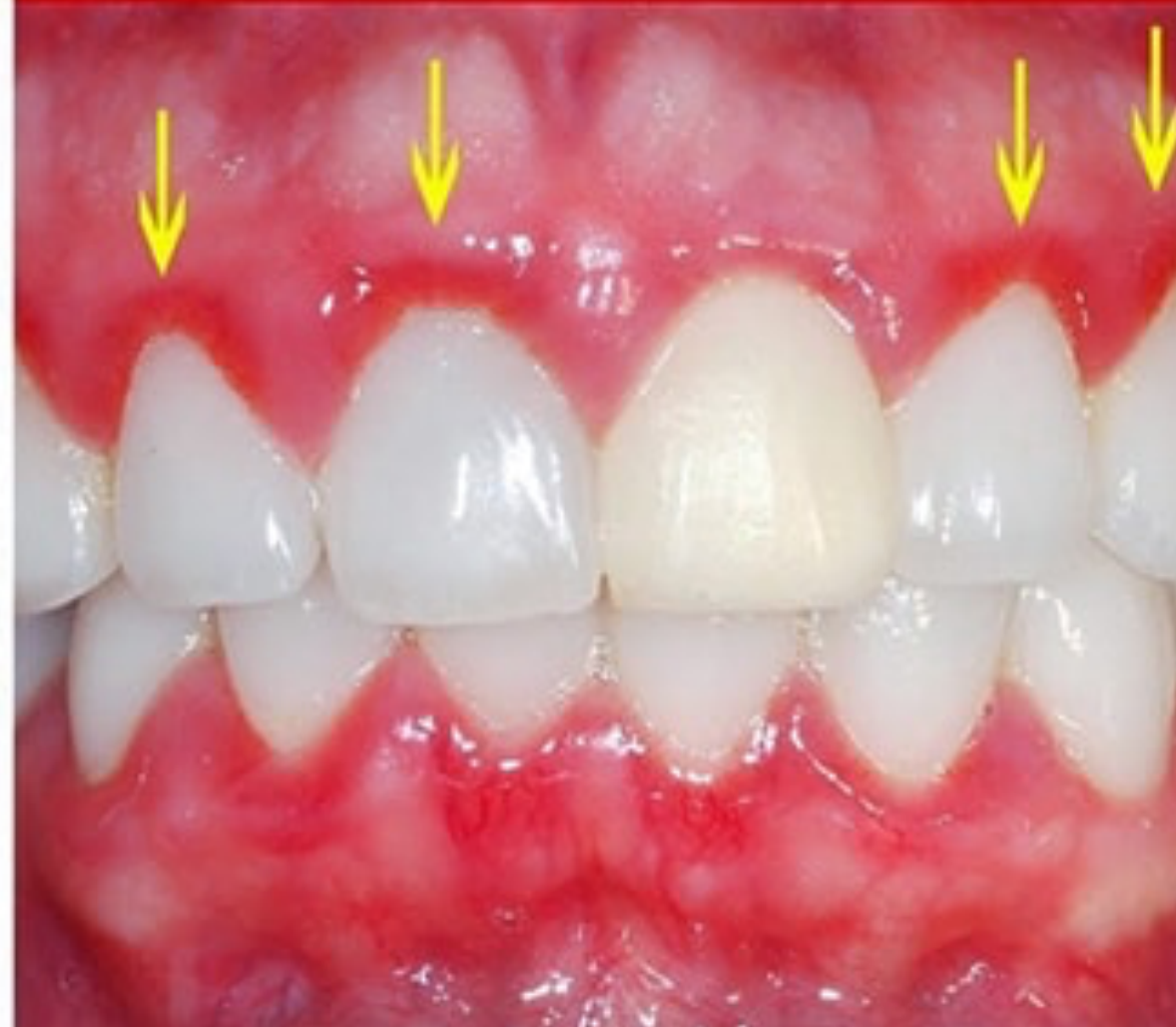
**Effective Plaque Control with  
the appropriate home care and  
techniques.**

BY : Meryam .M, Tanzina.B, Sana.S, Jonelle.T, Svitlana H, Saira M

Healthy Gums



Gingivitis



# Stages of Gum and Bone Health



**Healthy Gums**  
Pale Pink Gums  
No Bleeding with flossing,  
brushing, or probing  
Fresh Breath  
Probing 1-3mm



**Healthy Gums**  
No Tarter seen in x-rays  
No Bone loss in x-rays  
-Gums form protective seal around tooth.  
-Healthy gums contain fluid loaded with antibodies, not blood.



**Gingivitis**  
Bright Pink or Swollen Gums  
Bleeding Gums when probing  
Calculus visible on teeth  
Possible bad breath  
No Bone loss  
No Tooth mobility  
Probing 3-4mm



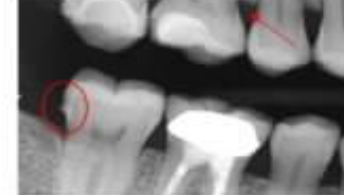
**Gingivitis**  
Tarter visible on teeth  
No Bone loss  
-Gums are not functioning properly- the seal is under attack by bacteria.  
-We need to remove build-up to heal gums and get back to a healthy state.



**Early Periodontitis**  
Deep Pink, Swollen Gums  
Bleeding Gums when probing  
Calculus deposits extended  
Slight Bone loss  
Possible Tooth Mobility  
Deepening Pocket  
Probing 4-5mm



**Early Periodontitis**  
**Untreated Gingivitis**  
Tarter visible on x-rays  
Slight Bone loss  
Possible Tooth Mobility  
Deepening Pocket  
-Bacteria is attacking your gum tissue and has spread deeper below the gum line.



**Moderate Periodontitis**  
Red, Swollen Bleeding Gums  
Calculus extends down root  
Deposits visible on x-rays  
Persistent bad breath  
Moderate 25-50% Bone Loss  
Possible Tooth Mobility  
Deep Pocket  
Probing 5-6mm



**Moderate Periodontitis**  
Calculus extends to root  
Moderate 25-50% Bone Loss  
-Bone Loss is irreversible  
-The disease is actively destroying the bone holding your teeth in place causing bone level to drop.  
-Exposed root surfaces harbor more bacteria.



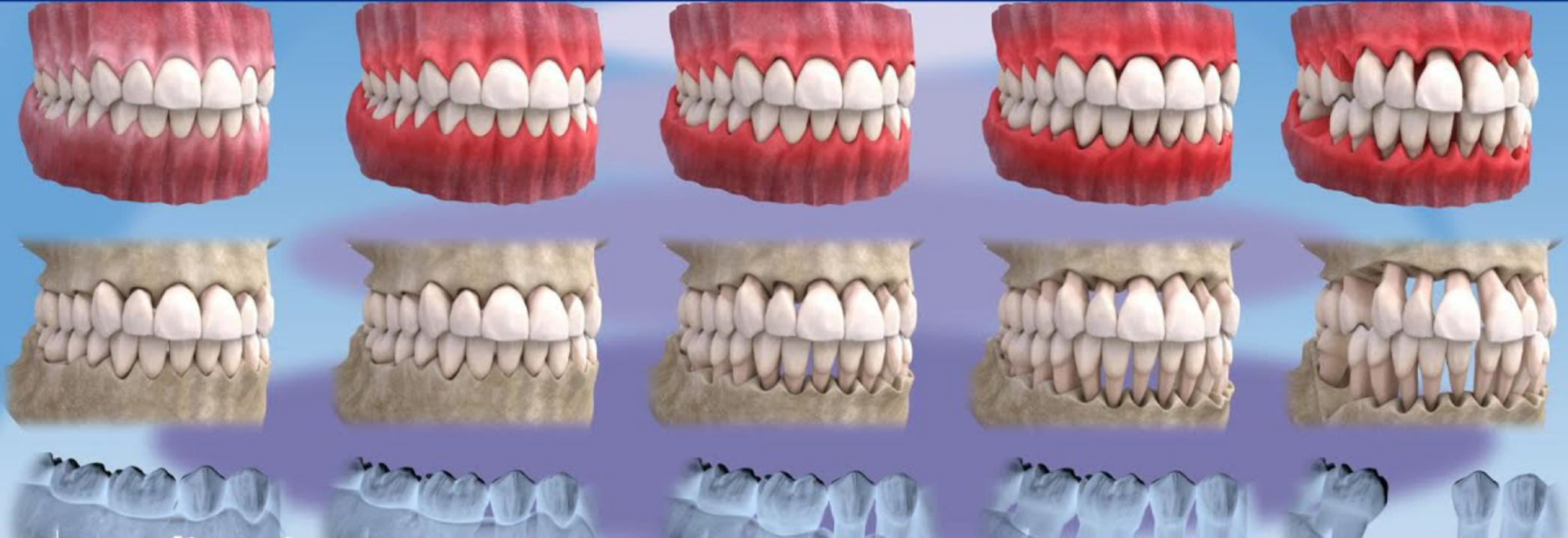
**Advanced Periodontitis**  
Severe Inflammation  
Extensive Calculus  
Deposits visible in x-rays  
Severe 50% (+) Bone Loss  
Gums are not firmly attached  
Loose Teeth  
Puss around the gums



**Advanced Periodontitis**  
Extensive Calculus  
Puss around the gums  
-Deep root tarter is present  
-Bone loss is over 50% causing loose teeth  
-Patient must be seen by a Periodontist (Gum Specialist) for treatment



# GINGIVITIS PERIODONTITIS





# ORAL HOME CARE TOOLS

- **Tooth brush ( Soft manual / powered)**
- **Tooth paste**
- **Floss threads/super floss**
- **Proxy brushes**
- **Tongue scrapers**
- **Waterpik.**

# DISCLOSING TO REVEAL AND STAIN THE PLAQUE/BIOFILM

## Oral Hygiene

Before



10 year old boy with plaque and staining on teeth (plaque is tooth coloured and can be difficult to see).

Disclosing Tablets



Disclosing tablets / solution shows the plaque missed at brushing.

After



Plaque and stains removed by Dentist.



# MODIFIED BASS BRUSHING TECHNIQUE



Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

# \*YOU CAN'T CLAP WITH ONE HAND\*

BRUSH  
FLOSS  
RINSE



brush. floss. rinse. repeat.





**ANY  
QUESTION  
S ?????**

