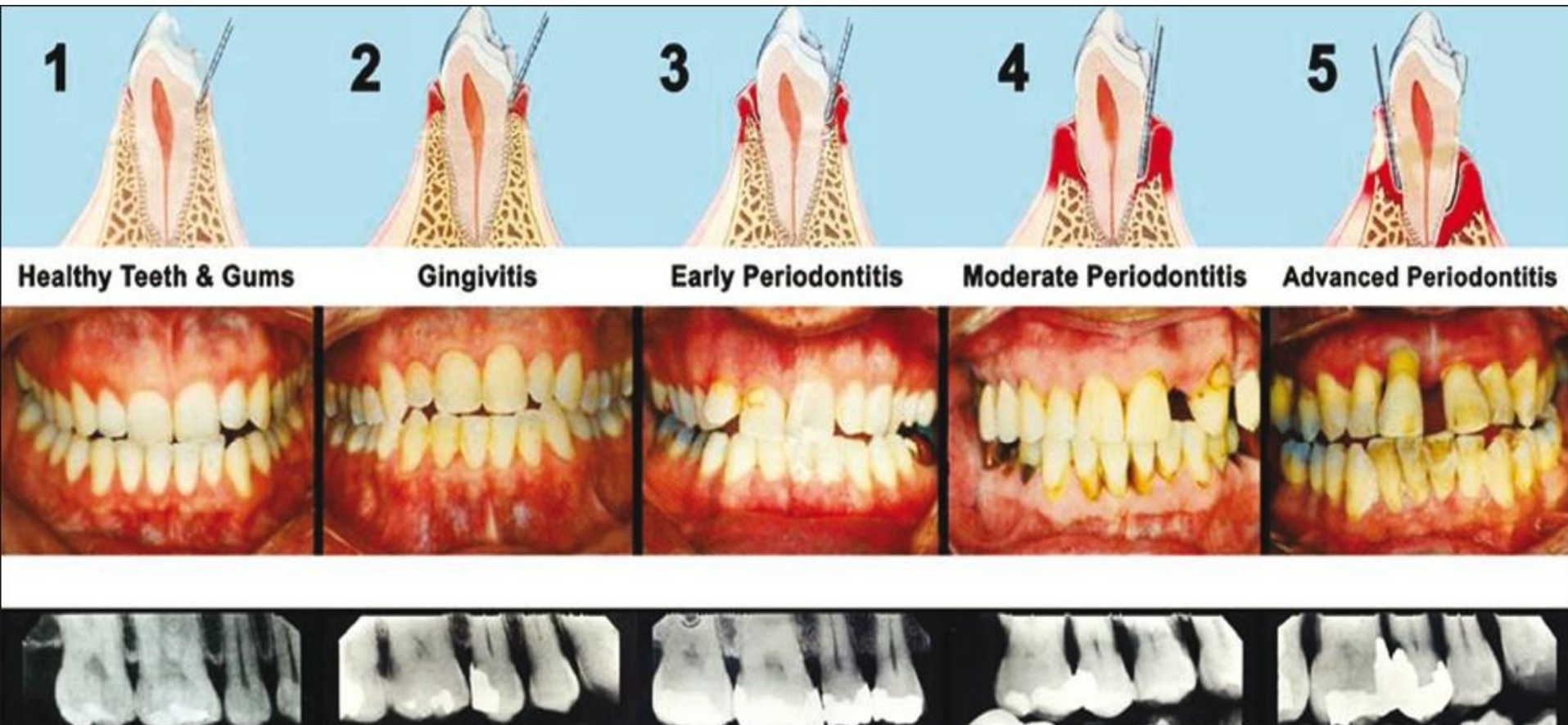
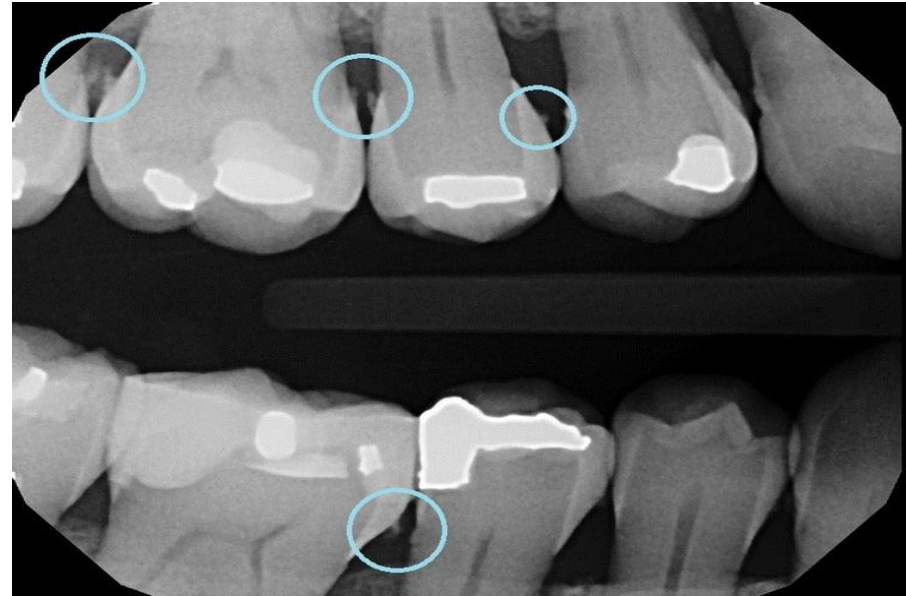
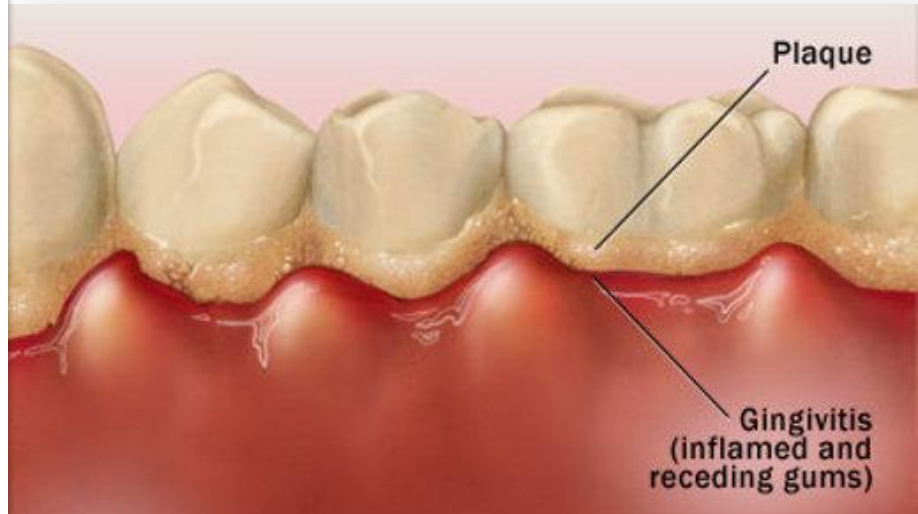


What periodontal disease is?



What is calculus and how it forms?



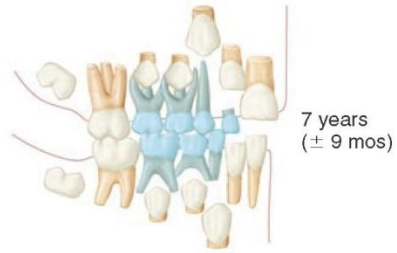
Teeth with calculus vs. clean teeth



Primary and permanent dentition

MIXED DENTITION

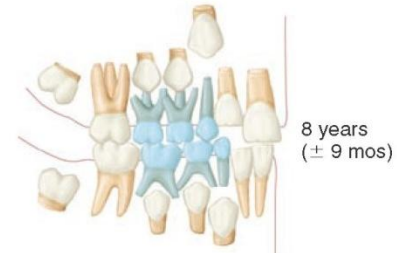
PERMANENT DENTITION



7 years
(± 9 mos)



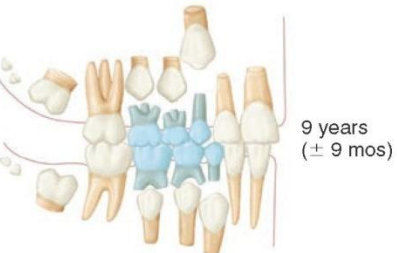
11 years
(± 9 mos)



8 years
(± 9 mos)



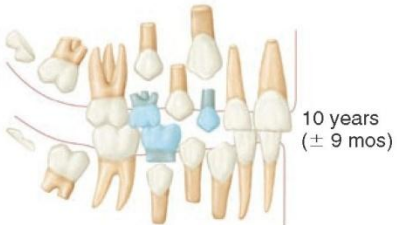
12 years
(± 6 mos)



9 years
(± 9 mos)



15 years
(± 6 mos)



10 years
(± 9 mos)



21 years



35 years

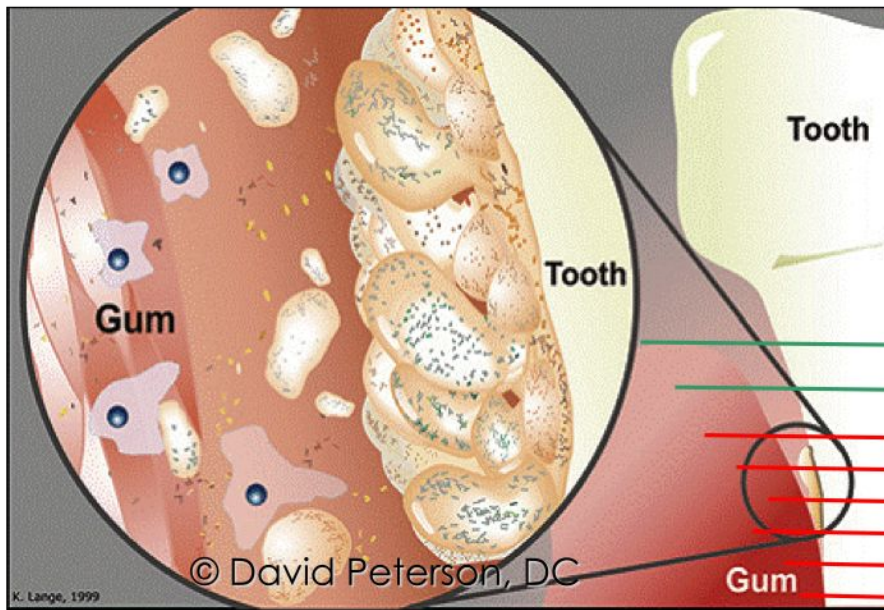
Late childhood
(school age)

Adolescence
and adulthood



Biofilm

Oral Biofilm Infection



Primarily Aerobic Bacteria

- 1-2 mm pocket and/or surface of tooth:
- Acid loving
- Cariogenic (Cavity causing)

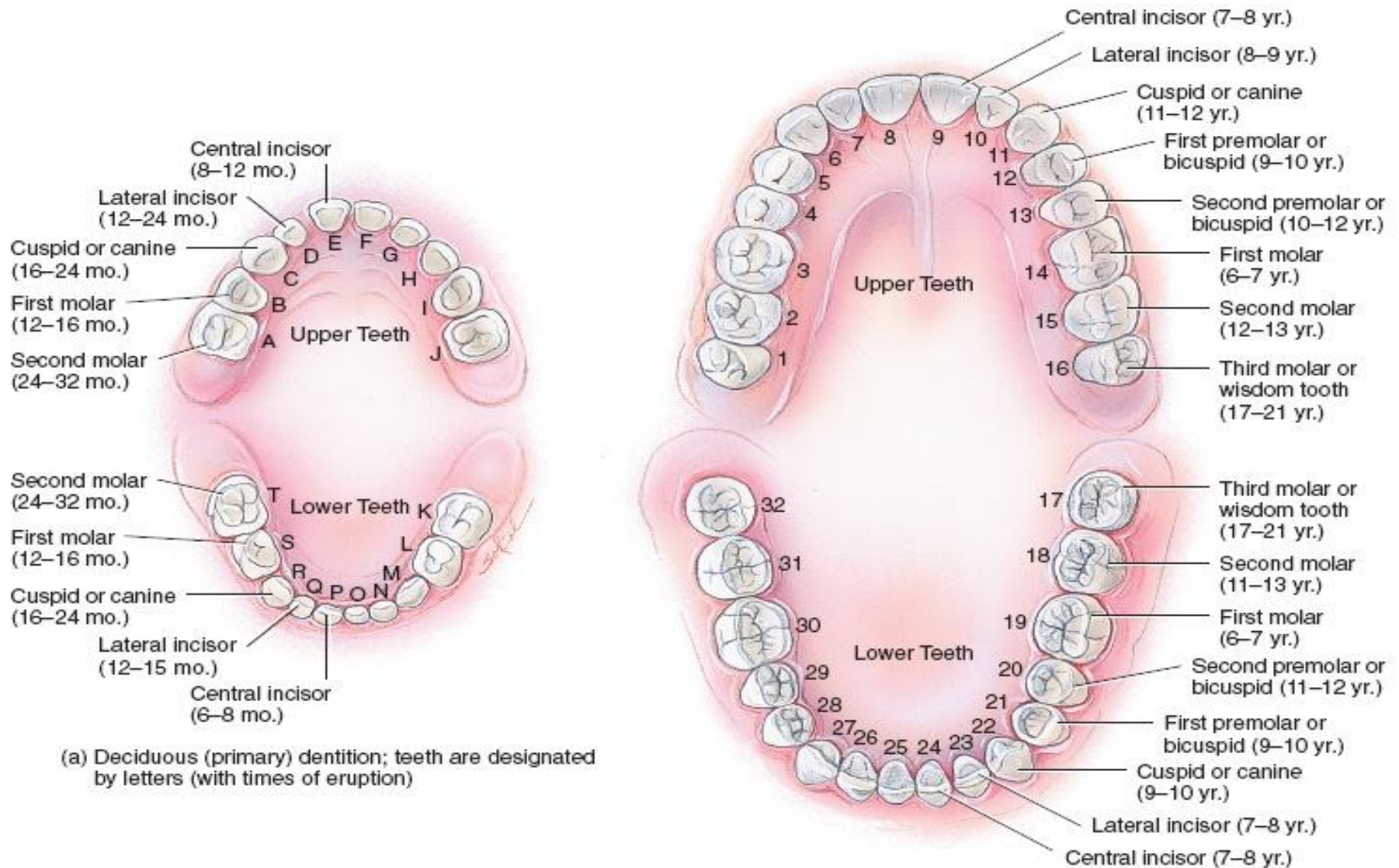
1-2 mm Transitional area

- Aerobic to Anaerobic Bacteria

Primarily Anaerobic Bacteria

- 3 or greater mm pocket:
- Alkaline loving
- Periogenic
 - (Periodontal disease or gingivitis)

Primary and permanent teeth



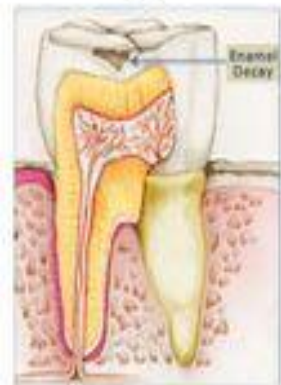
The Tooth Decay Process



A



B



C



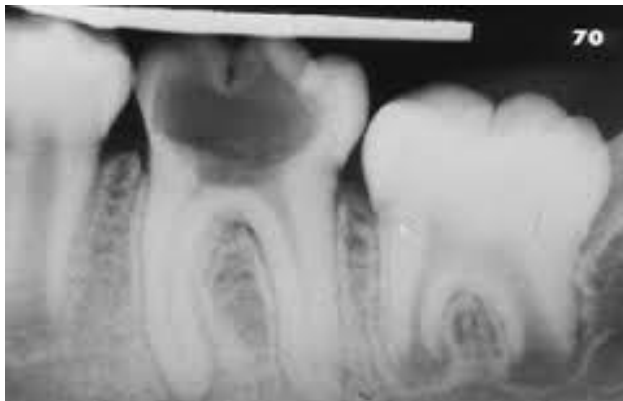
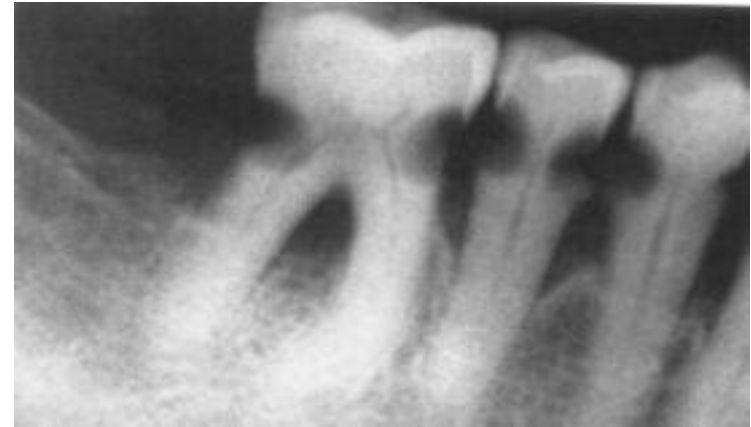
D



E



How does caries looks like on X-ray?

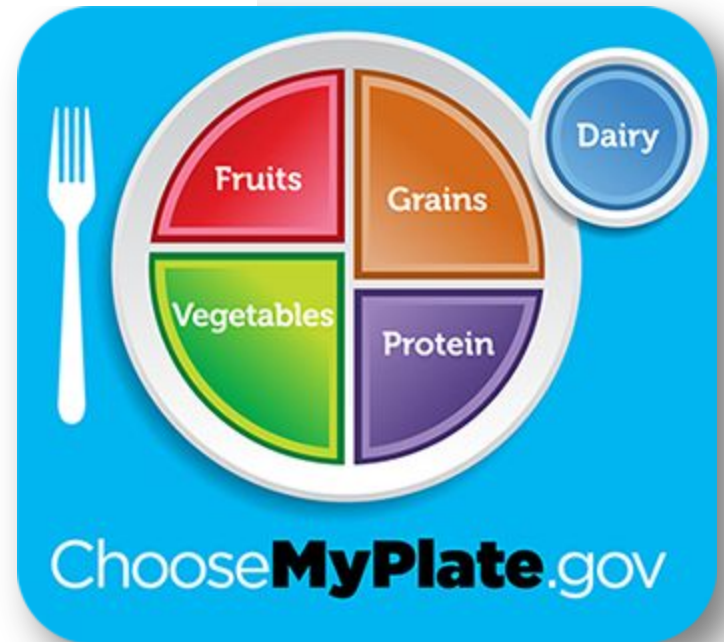
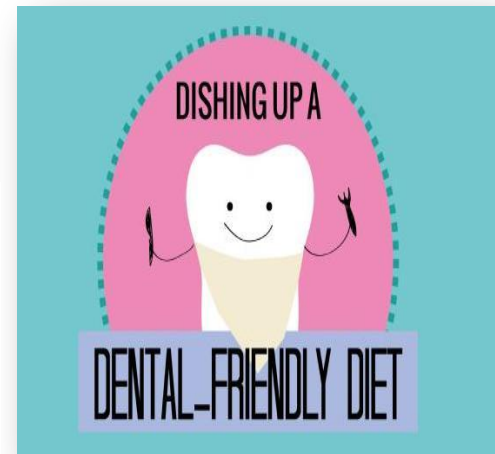


The effects of sugar on oral health



Healthy eating

Junk Food V's Healthy Food



Snack healthy

GIVE YOUR TEETH A CHANCE

Snack Smart

HEALTHY SNACKS

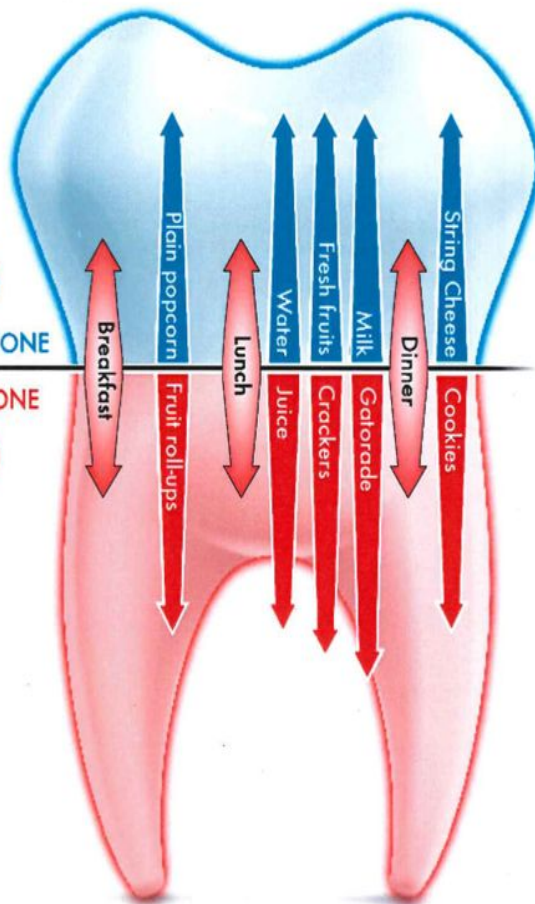
Water
Fresh Fruits
Nuts
String Cheese
Fresh Vegetables
Regular Milk
Plain Popcorn
Cold Cut Meats
Cottage Cheese

HEALTHY ZONE

CAVITY ZONE

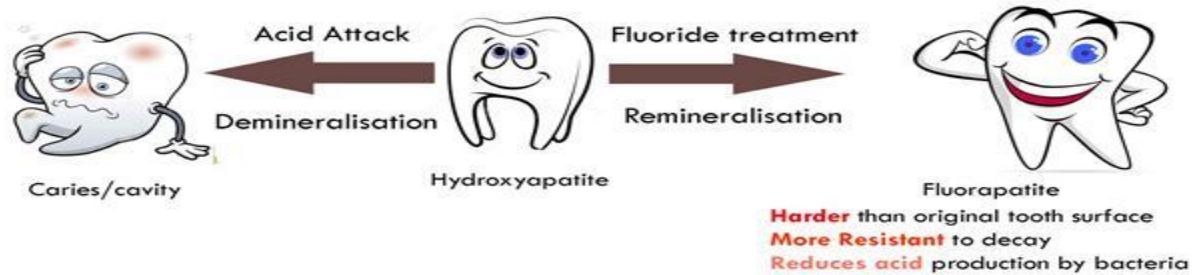
CAVITY CAUSING SNACKS

Juice
Soda
Candies
Cookies
Fruit Snacks
Gatorade
Crackers
Dried Fruit Snacks

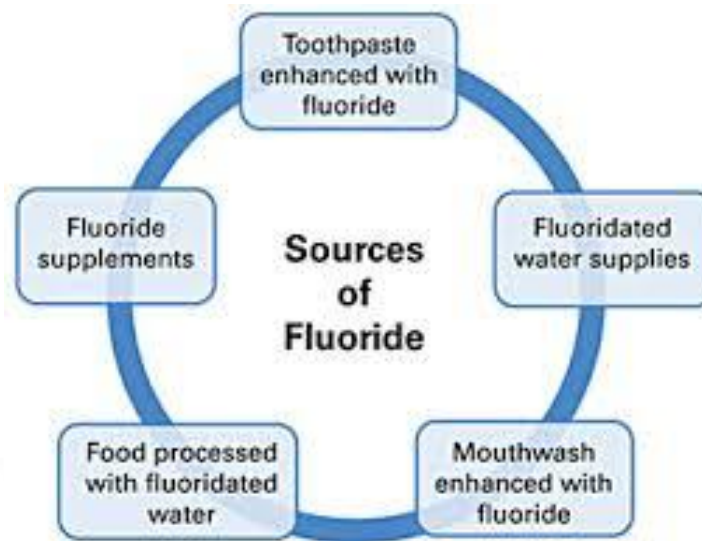
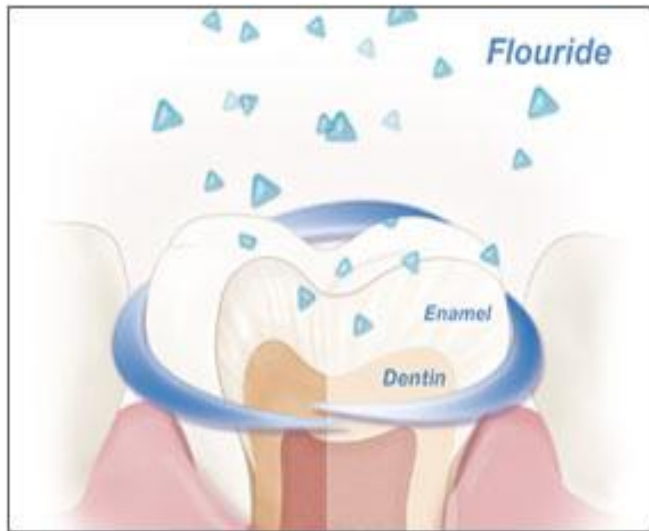


UNIVERSITY of WASHINGTON

In-office Fluoride treatment



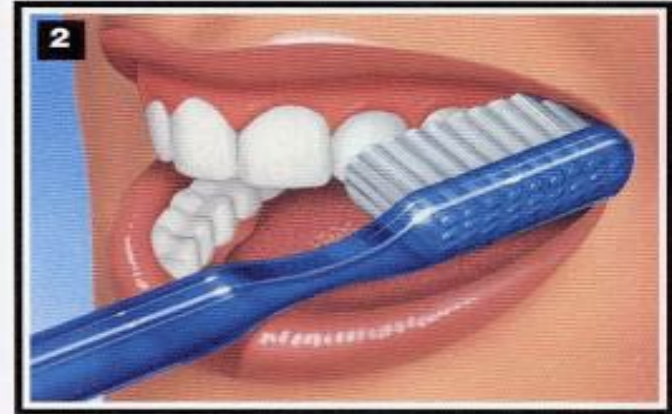
At home source of fluoride



Instruction how to brush your teeth



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.

Инструкция как правильно чистить зубы



1. Очищаем наружную поверхность верхних зубов, начиная от корней движением щетки вниз, стараясь очистить каждый зуб отдельно.



2. Таким же образом, как показано на рисунках 1 и 2, очищаем наружную сторону нижних зубов, начиная от корней и двигая щеткой вверх.



3. На рисунках 3 и 4 показано, как очистить внутреннюю поверхность нижней и верхней челюсти. Делаем это аналогично наружной поверхности зубов, двигая щеткой, по направлению от корней к кончикам.

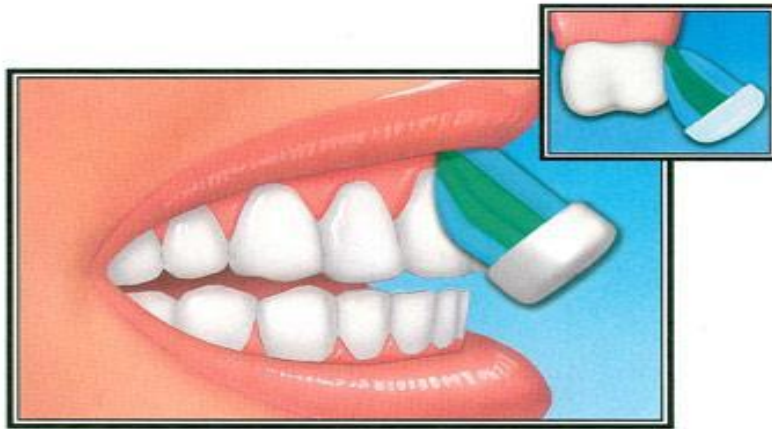


5. И напоследок, смыкаем челюсть и чистим наружную поверхность зубов круговыми движениями.



4. Затем, чистим жевательную поверхность нижних и верхних зубов, как показано на рисунке 5, двигая щетку вперед и назад.

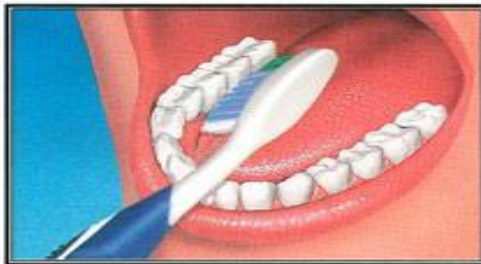
Instrucción de cómo cepillarse los dientes



Coloque las cerdas sobre la encía con un ángulo de 45 grados. Las cerdas deben estar en contacto con la superficie dental y la encía.



Cepille suavemente la superficie dental externa de 2 ó 3 dientes con un movimiento circular. Mueva el cepillo al próximo grupo de 2 ó 3 dientes y repita la operación.



Mantenga un ángulo de 45 grados con las cerdas en contacto con la superficie dental y la encía. Cepille suavemente usando un movimiento circular al mismo tiempo realice un movimiento de adelante hacia atrás sobre toda la superficie interna.



Incline el cepillo verticalmente detrás de los dientes frontales. Haga varios movimientos de arriba hacia abajo usando la parte delantera del cepillo.



Ponga el cepillo sobre la superficie masticadora y haga un movimiento suave de adelante hacia atrás. Cepille la lengua de adelante hacia atrás para eliminar las bacterias que producen mal aliento.

Como usar el hilo dental

COMO USAR EL HILO DENTAL EN 4 SIMPLES PASOS:



Enrolle 45 centímetros de hilo dental alrededor del dedo medio de cada mano. Apriete el hilo entre los dedos pulgares y los dedos índices dejando 2 ó 3 centímetros de largo entre uno y otro dedo.



Mantenga estirado 2 a 3 centímetros de hilo entre los dedos. Use los dedos índices para guiar el hilo dental entre las superficies de contacto de los dientes inferiores.



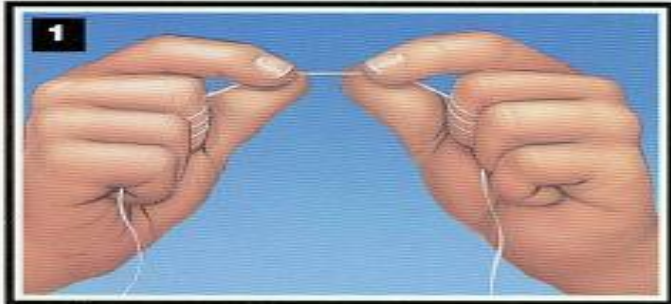
Guíe suavemente el hilo dental entre los dientes usando un movimiento de "zig-zag". Introduzca cuidadosamente el hilo entre los dientes. Introduzca el hilo alrededor del diente.



Deslice el hilo dental de arriba hacia abajo sobre la superficie del diente y también debajo de la encía. Limpie cada diente completamente con una sección limpia del hilo dental.

* Una vez terminada esta operación, cepille sus dientes con pasta dental y enjuague su boca.

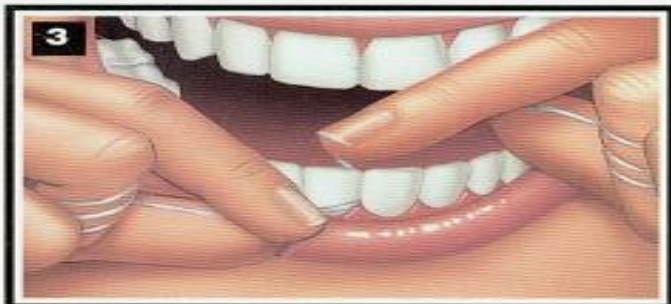
How to floss



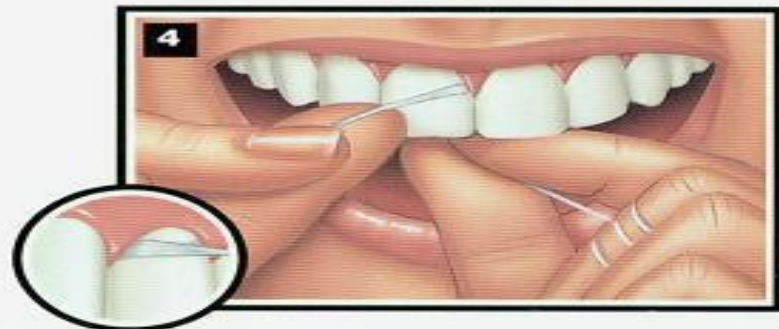
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.

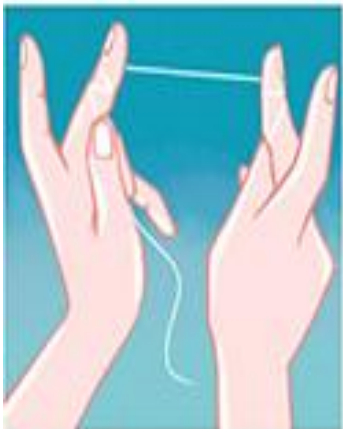


Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

Инструкция как правильно чистить зубы ниткой



Используйте примерно
45 см зубной нити, оста-
вив для чистки 2,5-5 см

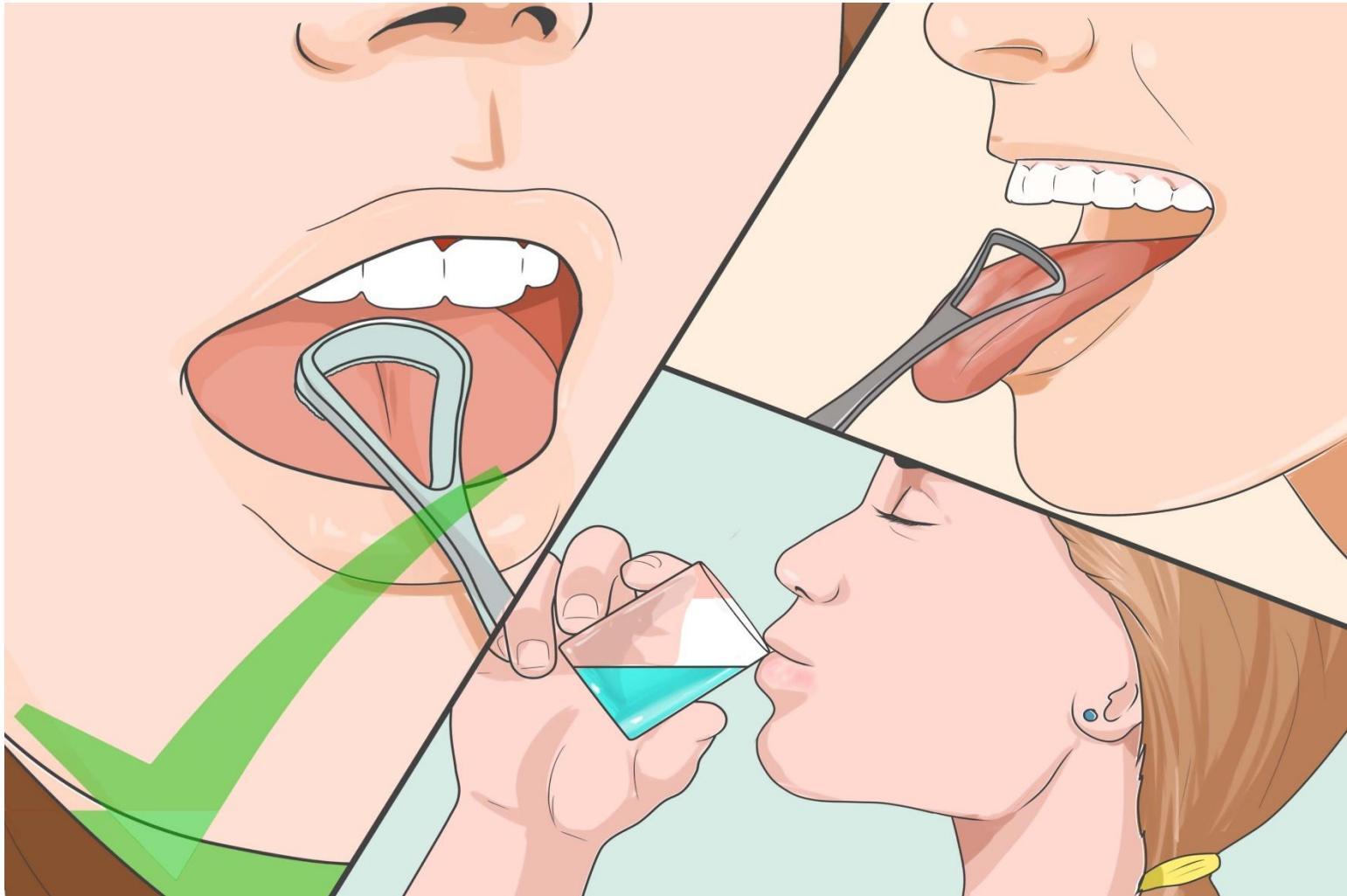


При чистке осторожно
следуйте форме ваших
зубов

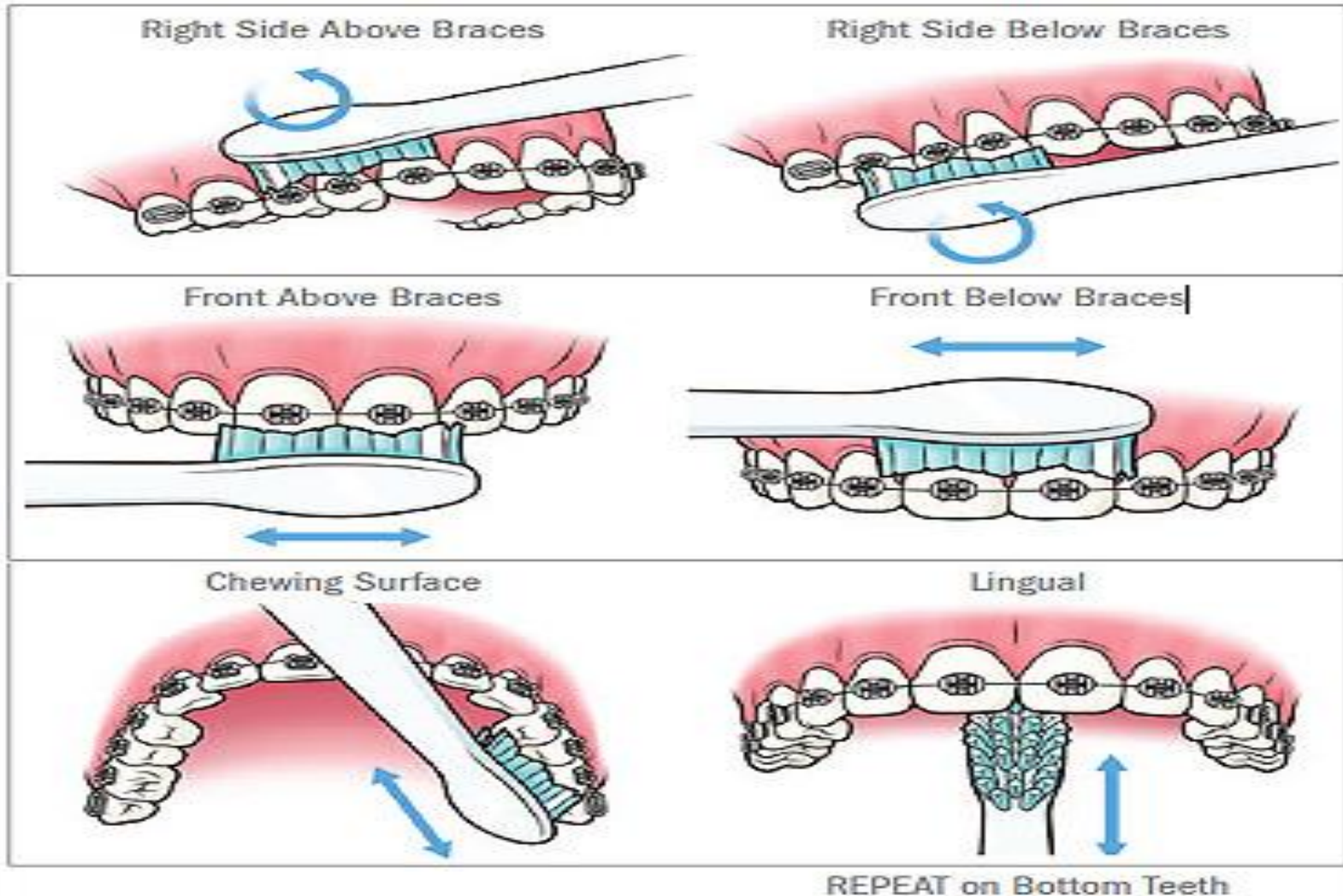


Обязательно очищайте
поверхность под
пришеечной частью
десны, но при этом не
дергайте зубную нить

Clean tongue is important factor in
healthy oral care



How to brush teeth with orthodontic appliances



Auxiliary aids for a healthy smiles

Electric toothbrushes



Toothpaste



Manual toothbrush and floss



Tongue cleaner

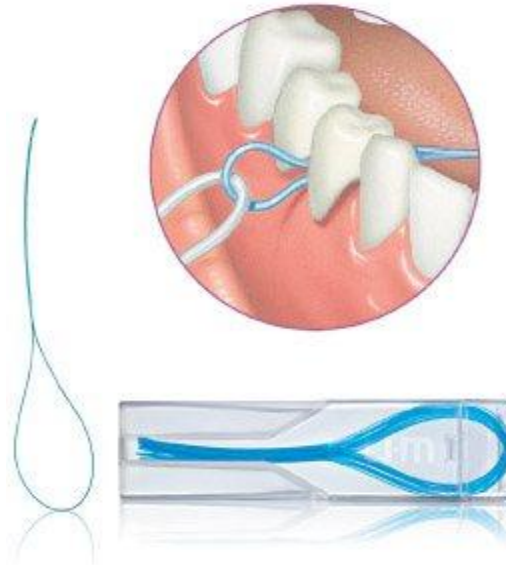


Adjunct Cleaning Aids

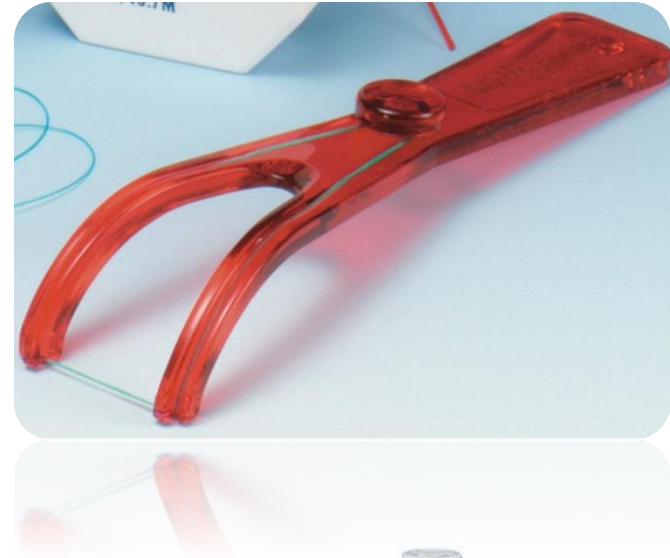
Interdental brushes



Floss threader



Floss holder



Mouthrinses



Adjunct Cleaning Aids

Gum stimulator



End-tuft brush



Perio aid/interproximal brush



Stimudent

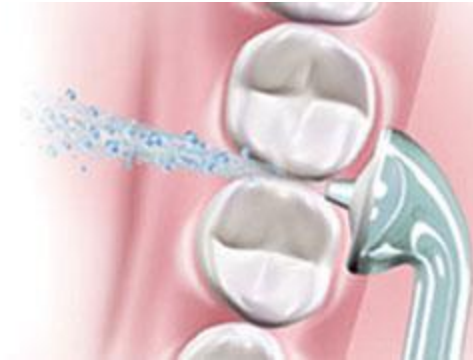


Adjunct Cleaning Aids

Soft-piks



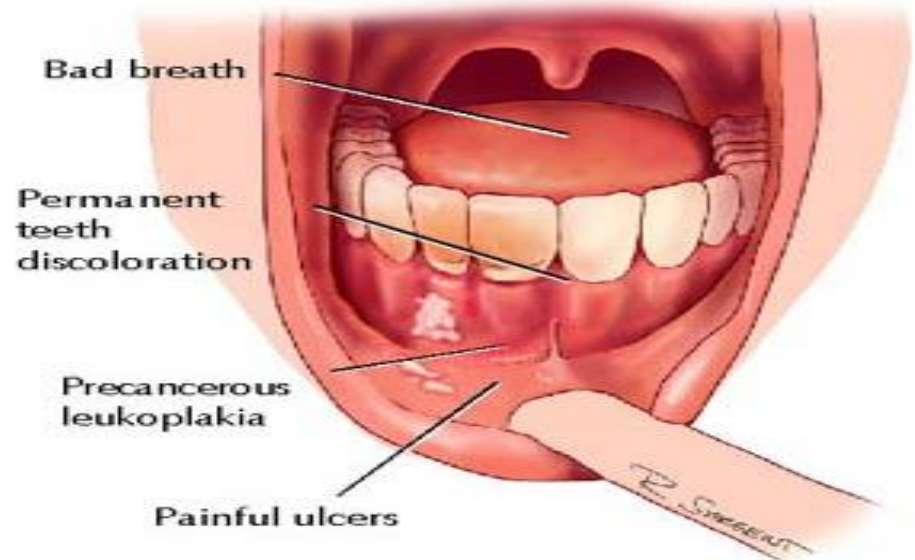
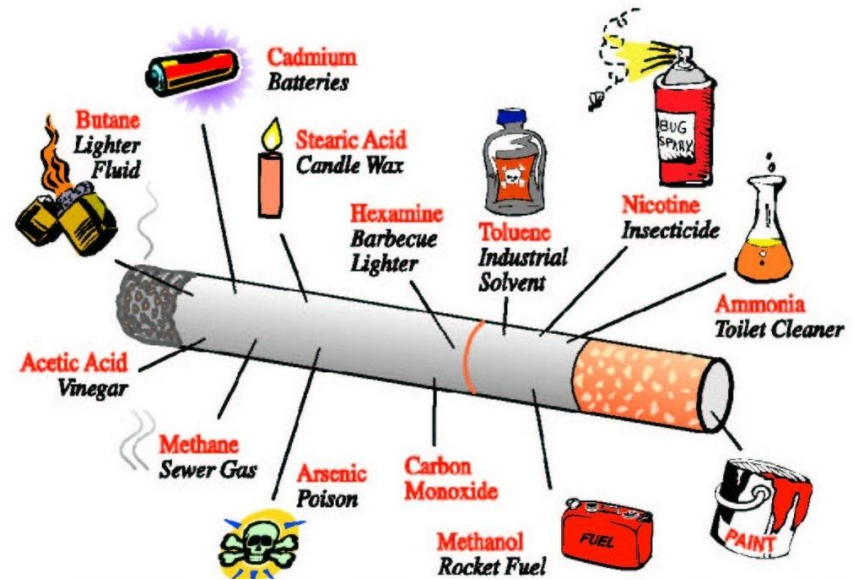
Air floss



Water pik



Effects of tobacco on your oral health



Make you smile brighter!



In office and in home whitening



What are sealants?

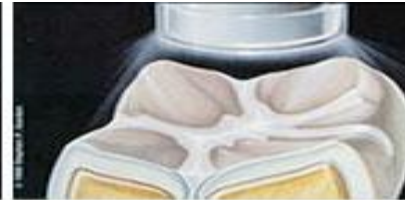
Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth. The most important reason for getting sealants is to avoid tooth decay.



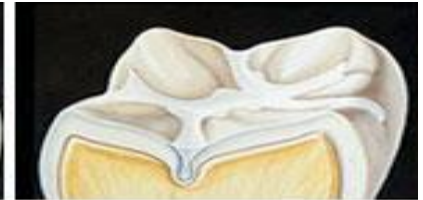
Even the smallest toothbrush bristle can not reach the bottom of the grooves in the back teeth.



The enamel is prepared for bonding with an etching gel.



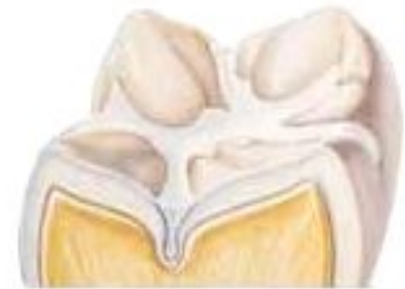
The sealant is flowed into the grooves as a semi-liquid and cured to a solid with a special light.



The sealant will now protect the grooves in the back teeth from cavities and will last for an average of 9 to 10 years.



Toothbrush bristles are too large to clean out grooves in most teeth (tiny cavities can develop in these grooves)



Dental sealants can be used to cover the grooves in teeth to prevent cavities from forming

Dental Implants



Natural Tooth

The periodontal tissues naturally attach the bone to the root surfaces of the teeth; they act as a shock absorber. The gum tissues attach into the root surfaces, helping to protect the underlying bone.

Natural Crown

Collagen
Fibers Attach
to Root

Root

Gum
Tissue

Bone

Dental Implant

© Dear Doctor, Inc.

Titanium, of which most dental implants are made, fuses to the jawbone giving implants great strength and stability. However, the gum tissues cannot attach to the implants in the same way as they do to tooth roots; instead they adhere to them tightly by a suction-type mechanism.

Implant Crown

Implant
Abutment

Collagen
Fibers Cannot
Attached to
Implant

Implant

Gum
Tissue

Bone



There is always a way to get your smile back!



Grinding at night? Nightguard is the solution!





Invisalign

Before and after

