

## Providing effective oral instructions in a clinical setting

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**Despite advances in oral health care, patients and dental professionals remain uncertain about individually trained oral hygiene, in particular regarding the management of interdental cleaning. Prof. Denis Bourgeois, Dean of the University of Lyon's dental faculty in France has presented scientific evidence that interdental brushes, in particular CURAPROX CPS interdental brushes, are efficient tools to interrupt the interdental biofilm. In order to use these tools correctly, the dental staff needs to offer a certain level of individual training for their patients. The iTOP programme (individually trained oral prophylaxis) provides the necessary techniques, knowledge and instructions for dental professionals. This established educational system represents a simple and practical training for the dental staff, who can then apply this approach to modern dental hygiene and thus provide an effective prevention technique to their patients.**

According to Prof. Bourgeois, the majority of his studies have reported a positive significant difference in the plaque index when using an interdental brush compared with floss. In general, interdental brushes were found to be more effective in removing plaque compared with brushing alone or the combined use of toothbrushing and dental floss.



Establishing the accessibility and widths of the interdental spaces should therefore be part of the routine examination of all patients. Its goal is to identify the distribution of interdental brush accessibility site by site and to choose the largest diameter that can pass between the teeth without causing discomfort or trauma. An interdental brush that is sized correctly for each interdental space is easy to handle and atraumatic, yet effective. However, this routine examination needs previous proper training.

### Individual instruction important for good interdental health

One major problem with interdental cleaning has always been patient's ability and motivation. "Interdental cleaning does not readily become an established part of daily oral hygiene," says Bourgeois. Damage to the interdental papilla and abrasive trauma to the dental surface result from a lack of motivation and training. Furthermore, bleeding may stop patients from using interdental brushes even though bleeding will stop after several uses. Oral and periodontal diseases largely result from a lack of proper dental hygiene.

From a clinical point of view, it is therefore necessary to emphasise individual instruction and a selection of high-quality oral hygiene product. The ultimate goal should be a high level of cleanliness with little or no harm to either soft or hard tissue. Oral prophylaxis should therefore be taught individually and not in lectures. By correcting and repeating the right cleaning technique, prevention of oral and systemic disease can be achieved.

The iTOP programme instructs dental professionals how to brush perfectly, with good and long-lasting outcomes. Thanks to the iTOP approach, which combines efficient tools with a thorough knowledge of cleaning techniques, dental professionals and patients can achieve optimum and sustainable oral health. In 2016, 200 seminars were organised in 44 countries.

Learn more about iTOP at [www.itop-dental.com](http://www.itop-dental.com)