

ORAL HEALTH CARE

The following mouth-care regimens are designed to return your teeth and gums to optimal health or prevent the return of gum disease or cavities and is based on the severity of disease in your mouth.

- Case Type I: Slight to no gingivitis and/or few to no caries.
 Case Type II: Generalized gingivitis to early periodontitis and/or few caries.
 Case Type III: Moderate periodontitis and/or moderate caries.
 Case Type IV: Severe periodontitis and/or severe caries.

<u>CASE TYPE</u>	<u>REGIMEN</u>	<u>TIME</u>
Case Type I	(1) Twice daily thorough gum and toothbrushing with flossing, in the morning and before bed. Try to achieve 90-100% plaque removal. Use fluoride toothpaste. Consider this session your minimum daily requirement.	8-10 min.
	(2) Once daily 30-60 second rinse with antiplaque or fluoride mouthwash .	1 min.
	(3) Light tooth and gum brushing after meals when possible	2-4 min.
	(4) Twice yearly professional examination and prophylaxis.	

Case Type II	(1) Twice daily thorough gum and toothbrushing with flossing, in the morning and before bed. Try to achieve 90-100% plaque removal. Use fluoride toothpaste. Consider this your minimum daily requirement.	8-10 min.
	(2) Once daily 30-60 second rinse with antiplaque or fluoride mouthwash.	1 min.
	(3) Light tooth and gum cleaning after meals.	2-4 min.
	(4) Twice yearly professional examination and prophylaxis.	

Case Type III	(1) Twice daily thorough gum and toothbrushing with flossing, in the morning and before bed. Try to achieve 90-100% plaque removal. Use fluoride toothpaste. Consider this your minimum daily requirement.	15-20 min.
	(2) Once daily 30-60 second rinse with antiplaque or fluoride mouthwash.	1 min.
	(3) Moderate tooth and gum cleaning after meals.	2-4 min.
	(4) Use of special tools such as proxabrush, rubber tip, anti-tartar toothpaste and other aids as directed.	
	(5) Recall system with periodontist and general dentist, and 2 to 4 cleanings per year.	

Case Type IV	(1) Twice daily thorough gum and toothbrushing with flossing, in the morning and before bed. Try to achieve 90-100% plaque removal. Use fluoride toothpaste. Consider this your minimum daily requirement.	15-30 min.
	(2) Once daily 30-60 second rinse with mouthwash.	1 min.
	(3) Moderate tooth and gum cleaning after meals.	2-4 min.
	(4) Use of special tools and techniques as prescribed for specific areas, e.g. pocket irrigators, proxabrush, perio aid, end tuft brush, rubber tip and antitartar toothpaste.	
	(5) In an active periodontal recall system, cleanings every 3 months.	

NOTES:

1. Patients with moderate to severe disease should spend 15 to 20 minutes daily to control and prevent disease progression and recurrence.
Periodontal disease is never cured, only controlled; it takes a lifelong commitment to save your teeth.
2. Try to incorporate your 100% plaque control session into your morning toilet. Soon it will be as routine as shaving or fixing your hair. Then, if you get busy and don't get back to your teeth, you will have already completed the Minimum Daily Requirement.
3. If you can't master the dental floss, buy a floss holder.
4. If you have significant space between your teeth, use a proxabrush - preferably two - one for home and one for work.
5. Tongue brushing is good and should be done daily.
6. Consider investing in a Sonic toothbrush.
7. Improve your diet and consider vitamin supplements.
8. Take steps to control the stress in your life.
9. **Stop smoking.**
10. Make a commitment to keep your teeth.