

## **Dental Hygiene: Diamond House 11 Point Plan**

We have a comprehensive 11 point plan when you come for a hygienist appointment to help keep your teeth and gums healthy:

### **1 Medical history**

An up-to-date medical history is essential to delivering total patient care. This is always reviewed at every appointment as general health factors, including any medication taken, can influence response to treatment, as well as dental procedures may be more complicated by existing health issues. Research has shown that gum disease has been linked to diabetes and heart disease.

### **2 Hygiene questionnaire**

Finding out about your home care routine and knowing your preferences helps us build a great personalised care plan. This is an ideal opportunity for you to discuss your home care routine, any problems you may have using certain brushes, flosses, what you like and do not like etc. Do you have any sensitive teeth or have you noticed any bleeding? Are you nervous of treatment? Are you happy with the colour and appearance? Every piece of information is of value to delivering and advising the best treatment for you.

### **3 Gum assessment**

This is an evaluation done in the mouth with gentle probing. The findings are graded from 0 up to 4; a universal grading system that is used to diagnose and identify the presence of extrinsic deposits like stain and tartar, inflamed gums and deep pockets, which can mean loss of supporting structure i.e. bone. It gives us baseline data in order to tailor your treatment needs and is called a 'Basic Periodontal Examination'.

### **4 Measure risk factors**

Another assessment we carry out is putting a disclosing solution on the teeth which highlights dental plaque in the mouth; this is a very influential when demonstrating brushing techniques. We record the findings and calculate a percentage of plaque around the teeth, which is measurable and easy to understand. We also note if any of the gums are bleeding and this is worked out into a percentage. This allows to us to monitor carefully in a measurable way what is happening in your mouth and exactly where.

### **5 Advise & explain findings**

The above data that we have collected is now explained and advise is given as to what we can do to eliminate and prevent any future problems, therefore reducing your risk of tooth decay and gum disease.

A good routine is to clean interdentally every day then followed by brushing twice a day with a fluoride toothpaste and try to keep intake of food to 3 –4 times a day, having milk or water in between meals or tea / coffee without sugar.

## **6 Review oral hygiene technique**

Each tooth is a complex structure and angulation and time creating friction to remove dental plaque is of paramount importance in maintaining tooth and gum health. A personal demonstration will be shown and an opportunity for you to show off your dexterity. This approach has been very successful with our existing patients.

## **7 Dietary advice**

What we eat and how frequently we eat has a huge impact on our dental health. Within many foods and drinks there are a lot of hidden sugars leading to the teeth being exposed to acid every time we eat or drink certain foods and drinks, therefore leading to decay or erosion.

## **8 Fluoride advice**

Fluoride has a positive effect on teeth in protecting them against plaque acids and sugary foods by helping the enamel remineralise and repair itself. Research has shown that regular applications of a topical fluoride gel will reduce the risk of tooth decay and has been found to reduce sensitivity within the teeth. We offer prescription only toothpaste as part of your daily home care regime. Always remember not to rinse after brushing with fluoride toothpaste as this will neutralise the fluoride and reduce the benefits.

## **9 Provide a personal prevention plan**

Every mouth is different so what we offer is a realistic, simple, short daily routine using dental aids that you are happy using and are right for you and your mouth.

## **10. Hygiene treatment**

After collating the plaque levels and levels of inflammation, scaling may not take place on the first visit as a meticulous home care regime is paramount to a healthy mouth; scaling inflamed gums will be tender and uncomfortable. Subsequent appointments may be recommended for one course of treatment to assist in determining the appropriate and successful outcome and an opportunity to change or modify your care plan. We gently scale extrinsic deposits off the teeth e.g. calculus, thick plaque and staining from the teeth, by means of electric scalers and hand scalers, polishing strips and cups with flavoured polish, leaving you with that bright white glossy smile.

## **11. Evaluation**

The evaluation phase is to compare your current status with the original baseline data to see what progress has taken place. We can assess and determine whether a patient routine is successful or whether more treatment is needed or a referral to a specialist. If the outcome is a success then a maintenance programme is put in place for careful monitoring and care at regular intervals throughout the year.