

The Proactive Care Prophylaxis Pak

A new Era in patient centered care begins the moment you open the Prophylaxis Pak. The ProActive Care Prophylaxis Pak provides a simple mechanism to implement Aesthetic Dental Hygiene, a unique approach that includes assessment of the patient's interest in aesthetic procedures as well as the desire for fresh breath. Here are practical, proven methods for you and your patients – methods that begin during the hygiene appointment, and will continue for a lifetime of brighter, healthier smiles.

The ProActive Care Prophylaxis pak

Note: the prophylaxis pak is flexible it integrates well with any whitening, breath care or preventive products you may be currently using.

Each prophylaxis pak contains:

- Disposable Prophylaxis Angle or Prophylaxis cup (snap-on or screw-type, in short, medium or extended length; soft, medium, or firm)
- 100% latex free and 100 % guaranteed.
- ProActive Care Prophylaxis Paste
- Clean mint with fluoride (fine, medium, coarse, or extra grit)
- BreathRx Gental Tongue Scraper and Anti-Bacterial Tongue Gel
- ProActive Care Shade Guide/ Patient Education Brochure

The Oral Health Expert Patients rely on is you!

From the moment you open the ProActive Care Prophylaxis Pak, you are reinforcing your position as the expert patients count on. Best of all, you will be starting patients on a total system of prevention that leads to a healthier mouth, brighter smile and fresher breath.

HOW TO USE THE PROACTIVE CARE PROPHYLAXIS PAK FOR MAXIMUM RESULTS.

Integrating a patient centered approach is now easier than ever.

The Prophylaxis Pak includes items that enable you to complete a normal preventive appointment. In addition, it integrates tongue deplaquing, a key procedure that will dramatically reduce oral malodor and improve oral health when incorporated into the patient's daily oral hygiene routine. The exam also includes the use of the ProActive patient's current tooth shade and to illustrate the results that can occur through professionally supervised whitening.

PROACTIVE CARE PROTOCOL

A Patient-Centered Approach

1. Assess patient's current oral health concerns and goals.
2. Utilize an anti-bacterial mouth rinse as a pre-procedural rinse to reduce exposure to aerosolized microflora.
3. Perform prophylaxis/instrumentation/ full mouth debridement as indicated.

4. After flossing the teeth, deplaque the patient's tongue. (Note: see In-office Tongue Deplaquing Procedure below).
5. During this procedure, involve the patient by educating them on the benefits of daily tongue cleaning and how it relates to fresh breath and overall improved oral health.
6. Utilize an anti-bacterial mouth rinse as a post-procedural rinse.
7. Assess each patient's need and desire for tooth whitening using the ProActive Care Shade Guide.
8. Take impressions for whitening trays (if applicable)
9. Perform professional fluoride treatment as indicated and evaluate the need for daily professional fluoride therapy.
10. Present a take-home protocol for fresh breath assurance if available through your office.

In-office Tongue Deplaquing Procedure:

1. Apply a thin film of an antibacterial tongue gel on a cotton swab, roll or gauze square and lightly massage onto the patients tongue.
2. Holding scraper firmly at both ends, bend into a "U" shape.
3. Place end of the "U" as far back as comfortable on patients' tongue and pull forward.
4. Repeat Step 3 on sides of tongue, using a mirror to demonstrate technique to the patient.
5. Have the patient try the process under your direction.
6. Recommend patient add daily tongue deplaquing to their oral hygiene routine.
7. Rinse and dry tongue scraper. Give to patient at the end of the exam. The Shade Guide can be used as a protective take home sleeve.

For whiter teeth

Asses each patient's need and desire for tooth whitening using the ProActive Care Shade Guide. Many patients are unaware of the aesthetics options that are available to them. When asked, many patients expressed and interest in smile enhancing procedures. From tooth whitening to full aesthetic reconstruction, today's progressive practice offers an array of treatment options.

Determine the patient's current tooth shade and illustrate how much whiter their teeth can be. Most patients will experience significant shade improvement after whitening.

For Fresher Breath

Offer your patients” All Day Fresh Breath” and overall improved oral health. Social concerns are powerful motivators. Poor aesthetics and bad breath are key social factors that patients will want addressed. You will be surprised by their interest!

The following questions will assist you in addressing the issue with your patient:

- Do you ever get a bad taste in your mouth?
- Would you be interested in preventing bad breath?

A positive response to any of these questions indicate a candidate for a fresh breath program.

For preventive Therapy

A key component to a successful oral health program includes preventive interventions. Fluoride therapy represents one of the most cost effective ways to prevent the onset of dental caries, arrest newly formed lesion, and prevent and treat hypersensitivity.

Indications for Professional TAKE-HOME Fluoride Therapy.

- | | | |
|--|-------|-------------------------------|
| • Caries vulnerable/prevention | | 1% Neutral Sodium Gel |
| • Caries active | | 0.4% Stannous Fluoride Paste |
| • Hypersensitivity/Anti-bacterial Action | | 0.4% Stannous Fluoride Paste |
| • Post- Periodontal Surgery | | 0.63% Stannous Fluoride Rinse |
- (0.1% with dilution, per directions for use)

All Patients can benefit from fluoride therapy

- Children that are decay active
- Orthodontic patients
- Periodontal patients
 - Root decay
 - Hypersensitivity
 - Gingival recession
- Head & Neck radiation and cancer chemotherapy patients for caries control & prevention.

Frequently asked questions

Tooth whitening

Q: what is tooth whitening?

A: Tooth whitening is a procedure that utilizes hydrogen peroxide or carbamide peroxide to lighten discoloration of the enamel and dentin. The structure of the tooth remains unchanged, only the color is made lighter. Whitening gel is applied in a custom fitted tray that is worn by the patient during the day or at night while they sleep.

Q: What is a whitening tray and how does it work?

A: It is an inconspicuous appliance that is designed to hold the whitening gel in place and fits comfortably over the patient's teeth. Custom-fitted trays optimize whitening success but keeping the gel in contact with the teeth and away from the gingiva.

Q: Is tooth whitening safe?

A: Yes! Research and clinical studies have proven that whitening teeth with peroxide under the supervision of a dental professional is completely safe for enamel, dentin and soft tissue.

Q: Are there any side effects associated with tooth whitening?

A: Some patients may experience tooth sensitivity. These symptoms are always temporary and disappear within 1-2 days after interruption or completion of treatment.

Q: Are there any contraindications associated with tooth whitening?

A: Tooth Whitening can benefit almost anyone! However, patients with pre-existing cosmetic restorations (bonding, porcelain crowns, or veneers) may need to replace them after the whitening treatment in order to match their new, whiter smile. Whitening is not recommended for patients who are pregnant or lactating, nor is it indicated for use on children.

Q: How long does tooth whitening take?

A: Results are usually noticeable after the very first application and maximum results generally occur when the treatment is continued for 7-14 days.

Q: How long does tooth whitening last?

A: Typical results last several years. Patients can "touch-up" for a few days once or twice a year, especially if the patient continues to use staining substances like coffee, tea, tobacco, or red wine.

Frequently asked questions

Oral Malodor Management

Q: How does daily mechanical tongue deplaquing enhance fresh breath and improve oral health?

A: Fresh breath can be achieved through daily use of a tongue scraper and anti-bacterial gel. The mechanics of tongue deplaquing removes decomposed food debris and trapped bacteria from the fissures and crevices of the tongue. This will significantly reduce the production of Volatile Sulfur Compounds (VSC's) which are the main cause of oral malodor. An anti-bacterial tongue gel can be deposited into the fissures of the tongue where the majority of odor-causing bacteria reside. And it kills the bacteria that cannot be removed by scraping alone. The inclusion of tongue deplaquig with an anti-bacterial agent will reduce the overall number of pathogenic oral flora and will result in improved oral health.

Q: Is tongue deplaquing more effective than tongue brushing?

A: Data supports that daily tongue deplaquing with a tongue scraper is not only more effective in removing harmful bacteria but safer. A study conducted by Dr. Ronald Mangie compared tongue scraping to tongue brushing and concluded the following:

1. Tongue scraping is more effective in reducing the total number of organisms compared to tongue brushing.
2. Tongue scraping can safely improve oral hygiene and plaque control more effectively than tongue brushing.
3. Tongue scraping produces a clinically cleaner (pinker) tongue as compared to tongue brushing.
4. Tongue scraping was found to be more comfortable the tongue brushing.

Since the tongue surface is comprised of many micro pockets, a toothbrush is not effective in removing harmful and odor causing bacteria. Tongue scraping allows an evenly applied pressure that will expel bacteria and food debris, resulting in a cleaner tongue and ultimately a healthier oral cavity.

Q: Will patients get the same result using over-the-counter products versus professional strength products?

A: Probably not. It's very important for patients to receive professional instructions when addressing oral malodor. As a dental professional, you can review the patient's oral health and history to help determine the source of the malodor and provide an appropriate treatment protocol. Plus, patients are more likely to continue their advanced oral care routine, when properly instructed from the beginning.

Q: Why are anti-bacterial ingredients important in products that control oral malodor?

A: Anti-bacterial agents such as thymol and eucalyptus oil are important because they kill the gram negative bacteria responsible for producing the odor causing Volatile Sulfur Compounds (VSC's). The most effective oral care products will also include an odor-neutralizing compound such as zinc chloride for immediate results.

It's also important to note that alcohol containing mouth rinses can dehydrate oral soft tissue, cause irritation, reduce salivary flow and actually increase oral malodor.