

This or That?

Presented and Prepared by: Dani Botbyl, RDH, and, Beth Parkes, RDH

This or That?

Power Brush or Manual Brush?

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This or That?

Wash Hair Daily or Wear a Scrub Cap?

References:

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This or That?

Laser Bacterial Reduction or Subgingival Irrigation?

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Antibacterial Rinse or Oral Probiotics?

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Oral Probiotics wholesale pricing through www.rdhu.ca

Inhibition of Key Pathogens by BLIS K12™		Inhibition of Key Pathogens by BLIS M18™	
Streptococcus pyogenes	Acute pharyngitis	Aggregatibacter actinomycetemcomitans	Periodontal Disease
Streptococcus pneumoniae	Pneumonia/ear infections	Porphyromonas gingivalis	Periodontal Disease
Prevotella intermedia	Periodontal disease	Prevotella intermedia	Periodontal Disease
Porphyromonas gingivalis	Periodontal disease	Fusobacterium nucleatum	Periodontal Disease
Streptococcus agalactiae	Meningitis/neonatal sepsis	Streptococcus mutans	Dental Caries
		Actinomyces viscosus	Dental Caries



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Disclosing

Soldani FA, Lamont T, Jones K, Young L, Walsh T, Lala R, Clarkson JE. One-to-one oral hygiene advice provided in a dental setting for oral health. *Cochrane Database Syst Rev.* 2018 Oct 31;10(10):CD007447. doi: 10.1002/14651858.CD007447.pub2. PMID: 30380139; PMCID: PMC6516798.

Ultrasonics/Hand Instruments

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<http://www.wiley.com/WileyCDA/WileyTitle/productCd-EHEP003314.html>

George, M. D., Donley, T. G., & Preshaw, P. M. (2014). *Ultrasonic Periodontal Debridement Theory and Technique*. Ames: Wiley Blackwell.

Comparison of ultrasonic and manual instrumentation in meeting the objectives of periodontal debridement.

OBJECTIVE	METHOD OF GREATER EFFICACY	COMMENTS
Disruption and removal of subgingival biofilm	Ultrasonic	Although both methods are equal in capability, ultrasonic debridement is preferred because the design of the tip permits improved access and the biophysical mechanism increase the predictability of biofilm disruption
Conservation of tooth structure	Ultrasonic	When use properly, ultrasonic instrumentation results in significantly less root surface removal during instrumentation
Removal of calculus	Equal	Although both methods are equally capable of removing calculus, ultrasonic instrumentation is preferred because the calculus is more likely to be removed without excessive alteration of the root surface
Resolution of inflammation	Equal	While both methods are equally capable of facilitating resolution without concurrent root surface damage is more difficult to achieve with manual instrumentation
Efficiency	Ultrasonic	In studies, less time was necessary to achieve the desired clinical outcome when using ultrasonic instrumentation as compared to manual instrumentation

(George, Donley, & Preshaw, 2014.)

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Traditional	Contemporary
Thick diameter inserts	Thin or ultra thin diameter inserts; straight and curved designs
Subgingival access limited	Subgingival access is superior
Moderate to heavy calculus removal	Light calculus removal with focus on biofilm/plaque removal
Instrument contacts calculus	Instrument contacts calculus and/or cementum/dentin
Medium to high power settings typical	Low power setting typical; medium power may be an option
Basic level of knowledge/skill and short 'time on task' to achieve competence	Higher level of knowledge/skill and a longer 'time on task' to achieve competence
Complete debridement requires use of hand instruments	Complete debridement possible with <u>ultrasonics</u>
Client/patient comfort challenging	Client/patient comfort most usual

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Johnston W, Ramage G, Patterson M, Mckenzie D, Sherriff A, Culshaw S. Effects of instrumentation on in-vitro periodontitis biofilm. Presented at: IADR/AADR/CADR General Session. ID 3666. 2020; Washington, DC, USA.

Laser/Subgingival Air Polishing

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