An Advanced Protocol for Excellence in Hygiene: Air-polishing at Every Orthodontic Appointment

Tracy Vitug, RDH

Best Efforts...
- Routine prophys, exams, & fluoride at patients' dentists' offices...
- Daily fluoride (proven to prevent enamel scarring)...
- Fluoride in cements, sealants, o-rings, etc...

The poor hygiene challenge continues...

Hygiene Program Categories
1. Oral Hygiene Services
2. Oral Hygiene Medications and Aides
3. Oral Hygiene Communications
4. Oral Hygiene Motivators

Need for improved hygiene in orthodontics

Alarming Statistics:
- Enamel decalcification affects up to 50% of orthodontic patients¹
- 60% of patients/parents are unaware that POH can lead to decalcification²


Today’s Agenda...
- Meet Tracy Vitug, RDH, Orthodontic Dental Hygiene Program Coordinator
  - Discuss need for improved hygiene care for the orthodontic patient...
  - Introduce an advanced protocol for excellence in hygiene...
  - Discuss simple ways the orthodontic practice can improve hygiene care for mutual patients...

TRACY VITUG, RDH
DENTAL HYGIENE PROGRAM COORDINATOR
- Early 90’s- Patient
- 1996 - Orthodontic Assistant...
Fair-to-Poor Hygiene: patient after patient

TRACY VITUG, RDH
DENTAL HYGIENE PROGRAM COORDINATOR

- 1997 - Proposed a Dental Hygienist in the Orthodontic office...
  “Shot Down”!

TRACY VITUG, RDH
DENTAL HYGIENE PROGRAM COORDINATOR

- 1997-1999 Dental Hygiene School...
- Table Clinic on “The Dental Hygienist in the Orthodontic Office”
- Overwhelming Acceptance!

Dr. Waugh’s eyes were opened!

- 13 yr. old female
- Limited treatment
- After only 6 months

SUPPORTING DOCTOR BEHIND ME!

Partners in Prevention
The Partners In Prevention Goal

Orthodontists and Dental Hygienists Working Together

- Professional Cleanings Every Three Months or 4X a Year...
- Dentist decides on participation...
- List of alternating practices...
- Average Fee For Service
- No Insurance Filed
- Must alternate

Our Program’s Recommendations

Professional Cleanings Every Three Months or 4X a Year...

4X

Partners in Prevention 4X

- Track record...

33%!

4X Did not Work!

Decalcification Rate with Complete Prophy and Exam every 3 months

* Decalcification defined as one or more surface
QUESTION...

What could be done to increase the number of patients benefiting from the Partners in Prevention Program?

ANSWER...

Expand the program by selectively polishing off plaque and debris for every patient at every appointment as needed...

BriteBrace™ Care

BriteBrace™ care is...

- Selective polishing...
- Part of an elevated standard of care...
- Done by Registered Dental Hygienist, Doctor, or in some states an assistant...

Air Polishing:
The proven most effective method of reducing decalcification*

Supporting studies...

Proven:
Air polishing is the most effective method of plaque removal for orthodontic patients*

Basis for air polishing in orthodontics

- Dr. Jeremy M. Albert...
- Disruption of the anaerobic colonization process...
- Reduces the rate of decalcification and periodontal breakdown*


Each patient assessed for need...

- Contraindications, *as always*...
- Avoid restorations...
- Lowest delivery settings...
- Proper technique...
- Least abrasive powder...

*American Dental Hygienists’ Association Policy on Polishing 2005*

Any Adverse Effects of Air Polishing?

- No negative effects on bracket/bond strength¹
- No significant effects on wire surfaces²
- Minimal enamel adverse effects³


Plaque Removal Results

Stain Removal Results

Soft tissue results

More results
Brite Brace Results Are iN!!!!

- Decalcification defined as one or more surface

Hygiene Wheel in Action!

Equipment Needed

Scanning....

THE "HYGIENE WHEEL"
INTRAORAL IMAGES
AT EVERY VISIT

Why images @ every appointment?
- Important to Orthodontists
  - Quality Control...
  - Medico-Legal Documentation...
  - Patient/Parent/Dentist Conferences...
  - Assess Treatment progress...
  - Assess Patient Cooperation...
  - Reinforce hygiene...
  - Patient education...
  - ...and so much more.

Useful for evaluating need for LD

Camera
- Settings and distance from patient are subjective office to office
  - approx an arm’s length away for intraorals
  - ~5’ for facials
- Patient participation is required...

Alternative ring flash
- Battery pack
- “AA” Rapid Battery Charger
- Quality SD Cards available anywhere.
  - 2 GB minimum.
  - The higher the “class” the faster read/write.
  - Class 10 is the best.

Baby wipes warmer + modified surgical towels (pockets sewn in to hold/protect mirrors for sterilization & storage)

Keeps mirrors warm to prevent fogging

Taking a set of six images
Center shot - Insert retractors, have patient bite on back teeth. Make sure patient is not posturing! Very important to be sure the camera is directly centered in front of the mouth!

Taking a set of six images
Right Buccal - Have patient turn to their left, bite on their back teeth, and pull retractor straight back towards their ear with right hand (look for 1st bicuspid)

Taking a set of six images
Left Buccal - Turn patient’s head to their right and pull straight back on retractor on left side (once again, look for 1st bicuspid), bite on back teeth
Taking a set of six images
Upper Occlusal - Insert occlusal retractor on upper arch and have patient hold handle while you slide mirror on top of tongue. Have patient gently pull up on retractor to show the anterior brackets.

Taking a set of six images
Lower Occlusal - Flip occlusal retractor to the lower arch, have pt hold handle again while you insert mirror to see all lower occlusal surfaces. "Have pt tilt head back to make this shot easier"

Taking a set of six images
Smile Shot - have patient bite on back teeth and smile

A few tips on getting great shots
- Invest in quality PCs with beefy graphics capability & adequate RAM
- Have a friendly assistant take images!
- Explain the process to patient as you do it...
- Sit the patient upright in the chair...
- Keep mirrors warm by storing in baby wipe warmer:

A few tips on getting great shots
- Be sure the camera and retractors are ready to go before starting...
- Hold the camera as close to 90° angle from the mirror as possible...
- Close aperture for maximum depth-of-field (i.e., use a high f-stop number)... 
- Be sure the camera is focused in the center of the shot...
- No need for separate pediatric retractors (patients under 10 y.o.)... Orthodontic Store retractors flexible enough to use w/all ages
Hygiene Medications and Aides

5% Sodium Fluoride White Varnish
- Available in Unit Dose: 50/pk and 1000/pk.
- Contains xylitol and TCP (calcium and phosphate)
- Takes just seconds to paint on
- Sets rapidly in the presence of saliva

The products we are recommending:
- Powered Brush
- Manual Ortho
- 5000 Fl2 toothpaste
- Mouth rinse
- Breath RX kit w/tongue scraper
- Disclosing Agent
- “Big Gun”
- Oral Irrigator
- Cordless Irrigator
- Power Flosser

Toothbrushes
- Powered Brushes
- Manual Brushes

“Power toothbrushes are preferable as they are more effective than manual toothbrushes.”

Interdental Aides
- Superfloss
- Waterpic
- Power Flosser
- Proxy Brush
- Airflosser

**Rinses**

- **Antimicrobial**
- **Alcohol-Free**
- **Fluoride**
- **Disclosing**

"big guns"

Less intense...

Makes teeth 50% stronger...

68% greater remineralization...

Stains everything ☹...

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**Toothpaste**

**Daily Fluoride Protection**

- Daily fluoride proven to prevent enamel scarring
- 50% admit not using fluoride:
  - 33% say they get fluoride from “other places”!
  - 11% don’t think they need it²

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1. Practicing Poor Oral Hygiene Can Leave Kids and Parents Frowning When the Brace Comes Off, PR Newswire Association LLC, Copyright 1996-2009
2. ADA’s “Professionally-Applied Topical Fluoride,” Evidence-Based Clinical Recommendations (May 2006)

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**Oral Hygiene Home Kits**

- Liven up your Ortho Kits with 4-color case printing.
- 8 Products in 1 Convenient Kit
- Reasonable in Cost

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**Supplies on hand**

- Offers convenience...
- Prices are comparable to those at Target or Walgreen...
- Allows the practice to cover some of the expenses...

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**“Myth Buster”**

- Should we deliver professional hygiene services?
- What will our referring dentists think?

Not a “Turf Issue”
Dental Professionals want what is best for patients!
Overwhelming acceptance!

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**Hygiene Communications**
In Addition:
- Home care instruction...
- Medication and adjunct recommendations...
- Inter-office communications on patient progress...

Hygiene Communications
- Grades...
- POH letter...
- Progress Reviews w/GPs...
- Program Announcement Letter
- Hygiene Class for patients and parents
- Annual Hygiene Luncheon

Hygiene Communications
Grade Oral Hygiene
- Excellent
- Good
- Fair
- Poor

“Poor Hygiene” Letters:
- After 2 consecutive “fair” or “poor” grades...
- “Flag” patient’s chart: software code, paper chart, etc...
- Patient and Dentist...

Hygiene Communications
New Patient and Parent Hygiene Class
- Educate and Communicate with your patients...
- 60% of pts and parents are not aware that POH can lead to decalcification...

Communications at Class
- Homecare Kit
  Educate and supply pts. with starter kit
- Brochures on Hygiene Aides
- Brushing and Flossing Procedures Card
  Created in-house (printed locally)
  OREC PMSI Item# 440-204 (pricey)
- Daily Routine Guide

ANNUAL Hygiene Luncheon
- Build relationship w/ DDS and RDH Continuing Education
- Save the Date
- Venue
- Speaker
- Exhibitor Listing
- Gift for RDH
- Invitations

Hygiene Motivators
- Patient Rewards Program
- Web Based
- Earn Points
- Trade points for Cool Prizes!
  1.800.560.1469
  www.patientrewardshub.com

Hygiene Motivators
“Excellent Hygiene” Contest

review
- Decalcifcation is still happening!
- A Hygiene Program is a must!
- BriteBrace™ or air polishing proven most effective way to reduce decal.
- Implemented in 4 Easy Categories