

roth orthodontics



We're

We are so super proud of our boys, parents, and coaches on the Gators baseball team. They played in the blue valley recreational baseball league - 5th grade husky division and took 3rd place overall in the League with a 10 & 5 record and 2nd place in the post season tourney. Way to go guys!!!



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Toothbrushing Technique Can Reduce Caries During Orthodontic Treatment



Background: All orthodontists are interested in improving oral hygiene and reducing caries during orthodontic treatment. What is the best way to instruct your patients to brush their teeth to accomplish this goal?

Objective: To evaluate the effectiveness of a modified fluoride toothpaste brushing technique to reduce caries during orthodontic treatment.

Participants: 100 patients undergoing orthodontic treatment.

Methods: The sample was randomly divided into 2 groups. One group was given fluoride toothpaste and standard brushing instructions. The second group, which also used fluoride toothpaste, used a modified brushing technique that consisted of placing toothpaste on the upper and lower arches and using a small amount of water to create a toothpaste slurry, which was then swished between the teeth for 30 seconds before expectorating. The subjects were advised to avoid further rinsing with water and to avoid drinking or eating for 2 hours. The number of decayed and filled tooth surfaces for each group was identified clinically and radiographically at the beginning of treatment and after 2 years, and the

difference in the number of decayed and filled surfaces was statistically evaluated.

Results: At the end of this study, the group using the modified brushing technique had significantly better Plaque Index Scores than did the control group. Compared with the test group, the control group patients had > 7 times the clinical decayed and filled surfaces, > 4 times the radiographic decayed and filled surfaces, and > 5 times the clinical plus radiographic decayed and filled surfaces.

Conclusions: A modified brushing technique can significantly reduce the number of decayed and filled tooth surfaces during orthodontic treatment.

Reviewer's Comments: I was impressed by the significant reduction in decayed and filled tooth surfaces in the group using the modified brushing technique. In a way, it makes sense that rinsing out a fluoride toothpaste a number of times after using it would make it less effective. I should note that this study was performed in Saudi Arabia, which has a high caries index; however, I assume the results would be similar in countries with lower caries index. Unfortunately, for patients with very poor oral hygiene who hardly brush at all, this improved toothbrushing technique would probably have no effect.

Final treatment stage often most important



Once active treatment is complete and braces are removed, patients often think that is the end of their orthodontic treatment. However, there is one final treatment stage utilized in orthodontics to ensure the longevity of your new smile.

Retention is the passive treatment period following active orthodontic correction where retaining appliances are used to hold teeth in the corrected position.

This retention process takes time, often ranging from months to years, which makes patient compliance so important. In fact, the retention phase is sometimes deemed as one of the most difficult stages in the orthodontic treatment process. If retainers aren't worn as instructed by an orthodontist, then teeth may start to migrate back to their original positions. It's up to the patient to make sure this doesn't happen. In some instances, long-term to permanent retention may be necessary to guarantee the stability of your treatment plan.

Various types of retainers are available, and the orthodontist can determine which one is right for the individual patient's treatment plan. Removable acrylic retainers, such as the Hawley and Barrer models, are popular, though quite dependent on patient

compliance. Other cases may need fixed retainers, which are bonded to the lingual surface of the teeth, or positioners. Many may opt for thermoplastic copolyester retainers, which follow the same regimen as the removable acrylic retainers but are more comfortable and acceptable by the patient. These retainers are also easier to manufacture and cost less than other retention devices.

Retainer care is just as vital as wearing the appliance itself. Keeping them clean and handling them carefully are important for the longevity of the retainer, which can be costly to replace.

Teeth need time to adapt to the corrected position, and by following through with the retention phase, you can keep your smile as healthy and beautiful as the day your braces came off.

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