METHODICAL INSTRUCTIONS  
for independent work of students 
during the training for the practical studies

<table>
<thead>
<tr>
<th>Educational discipline</th>
<th>Therapeutic dentistry</th>
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<tbody>
<tr>
<td>Module number 3</td>
<td>Periodontal disease</td>
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<tr>
<td>Theme of class</td>
<td>The role of hygiene in the prevention of periodontal diseases</td>
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<tr>
<td>Course</td>
<td>IV</td>
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<tr>
<td>Faculty</td>
<td>Foreign Students Training</td>
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</tbody>
</table>
1. **Actuality of theme:**
The main component of prevention of dental diseases - dental hygiene - a system of methods and means of oral care, aimed at maintaining a high level of health and the prevention of pathological processes in the mouth. Task oral hygiene - cleanse it from food debris, plaque, detritus, microorganisms and treatment of oral agents that positively influence the properties of organs, tissues, strengthen their resistance and functionality.

2. **Specific objectives:**
1. Identify local traumatic factors and ways to eliminate them.
2. Explain the concept of professional, individual oral hygiene.
3. Name individual oral hygiene products.
4. Organize and conduct screening of patients for dispensary observation and treatment.
5. Make a plan of an individual algorithm of oral hygiene in periodontal patients
6. Make up the volume of professional oral hygiene in periodontal patients
7. Determine a set of oral hygiene products, study the sequence of stages of hygienic procedures, methods of cleaning teeth in diseases of periodontal tissues.
8. Prepare medical documentation of patients.

3. **Basic knowledge, skills necessary for studying the subject (Interdisciplinary integration).**

<table>
<thead>
<tr>
<th>Name of previous disciplines</th>
<th>Obtained skills</th>
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<tbody>
<tr>
<td>1. Normal anatomy</td>
<td>Determine the presence or absence of damage to the periodontal attachment</td>
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<tr>
<td>2. Pathological anatomy</td>
<td>Navigate to pathological changes in inflammation and degeneration</td>
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<tr>
<td>3. Propaedeutics of therapeutic dentistry</td>
<td>Be able a plan of measures of individual and professional prevention, identify and eliminate local factors hurting</td>
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<td>4. Social Care</td>
<td>Know the methods and means of individual, oral hygiene, depending on the nature and severity of the disease</td>
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<td>5. Intersubject integration</td>
<td>Be able to conduct and evaluate the hygienic indices to determine hygiene products for diseases of periodontal tissues in the acute stage and remission</td>
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4. **Tasks for independent work during preparation for classes.**

4.1. **The list of key terms, parameters, characteristics which student is to assimilate while preparing for the class:**

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Toothpaste</td>
<td>A complex system consisting of abrasives, moisturizers, binders, foaming, surface-active ingredients, preservatives, fillers, flavors, water and medical preventive elements, the ratio of these components determines the properties, purpose, mechanism of action and effectiveness pastes.</td>
</tr>
<tr>
<td><strong>Mouthwash</strong></td>
<td>Hygiene products that are used for rinsing the mouth after brushing or eating. It is a water-alcohol solution containing antiseptic, surfactants, binders and deodorizing.</td>
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<tr>
<td><strong>Rinse aid</strong></td>
<td>Hygienic means that unlike elixirs, barely containing ethanol. They include much of the same active substances with the same properties. They are used to rinse without dilution.</td>
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<tr>
<td><strong>Toothbrush</strong></td>
<td>It consists of a handle and head. Designed for mechanical cleaning of the surface of the teeth and interdental spaces from the remains of food, plaque and plaque.</td>
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<tr>
<td><strong>Dental floss (Dental flosses)</strong></td>
<td>Dental floss is used to clean contact surfaces of teeth from plaque and food residues. Composed of nylon fiber. There are silk, artificial flosses. There are waxen or nenavoscheni, round or flat.</td>
</tr>
<tr>
<td><strong>Superflos</strong></td>
<td>Dental floss, vysokoteksturovane nylon fiber as a mixture of nylon and polyurethane.</td>
</tr>
<tr>
<td><strong>Fldseta</strong></td>
<td>Flosoutrymuvcach, thread stretched between rigid mounts</td>
</tr>
<tr>
<td><strong>Flossing</strong></td>
<td>The process of cleaning interdental spaces</td>
</tr>
<tr>
<td><strong>Toothpicks</strong></td>
<td>Apply for additional treatment of gingival sulcus, interdental spaces and contact surfaces of teeth. IX made of wood or plastic. The form can be flat, triangular or round.</td>
</tr>
<tr>
<td><strong>Interdental brushes</strong></td>
<td>Used for treating relatively wide gaps, spaces under non-removable orthodontic devices between implants during flushing parts prosthetic appliances and bifurcations (tryfurkatsiy) teeth.</td>
</tr>
<tr>
<td><strong>Irrigator (Hydro)</strong></td>
<td>Apply to remove food and massage gums.</td>
</tr>
<tr>
<td><strong>Interdental stimulators</strong></td>
<td>There are rubber and plastic. Apply for additional cleaning interdental spaces and massage gums. This fassoni heads with elastic rubber at the end of which have conical projection that easily penetrate any mizh Zubnyts period.</td>
</tr>
<tr>
<td><strong>Mouthwash</strong></td>
<td>Water-alcohol solutions with antiseptic, deodorant, binders (aromatic oils, menthol, infusions of herbs, dyes). Use as intended and under medical supervision.</td>
</tr>
</tbody>
</table>

**4.2. Theoretical questions for the class:**

1. List the index, it is appropriate to determine during the inspection paradontolohichnyh patients.
2. Explain the concept of individual oral hygiene.
3. Explain the concept of juridical
4. Which factors includes individual hygiene program.
5. Highlight items and means of oral hygiene.
6. What savings brushing techniques should be used in diseases of the periodontal tissues?
7. Highlight classification toothpaste and name the positive and negative properties
8. Highlight classification toothbrushes.
9. What are the individual care are in remission and stabilization process.
4.3. Practical work (tasks) that are executed on employment:
1. In a survey of topical patients to pay attention to bad habits, presence of dental procedures, somatic diseases and allergic history.
2. Define the hygiene and periodontal indices
3. Conduct of juridical thematic patient
4. Make a plan of individual oral hygiene to patients with diseases periodontal tissue in the acute phase and remission
5. Check medical records of patients.

5. Content topics:
The main preventive measure is an individual right held oral hygiene. Oral health - a system of methods and means of oral care, aimed at maintaining a high level of health and the prevention of pathological processes in the mouth. Task oral hygiene - cleanse it from food debris, plaque, detritus, microorganisms and treatment of oral agents that positively influence the properties of organs, tissues, strengthen their resistance and functionality. There are the basic mechanisms of preventive oral health (K.M.Kosenko, T.P.Tereshyna, 2003):

- Cleaning performance;
- Antimicrobial effect;
- Prevent the formation of plaque;
- Impact on the processes of mineralization of teeth;
- Effect on the functional activity of salivary glands;
- effect on metabolic processes in the mouth;
- Reheneratnyh stimulation processes;
- Strengthen the natural defense mechanisms of the oral cavity;
- The impact that inhibiting components in inflammation of the mucous membrane of the oral cavity;
- The effect of deodorizing.

There are oral hygiene and professional individual. Professional oral hygiene performed under trained professionals (dentists, hygienists, dentists, nurses, dental assistants) using the appropriate instruments, apparatus, appliances, medicines.

Any therapeutic measures in periodontal patients should begin with professional oral hygiene, accompanied by learning methods of individual oral hygiene, selection of appropriate, followed by regular monitoring of its implementation.

Volume of professional oral hygiene.

   A visual inspection of the oral cavity and the calculation of special samples indices survey (frequency of oral care, the nature of power, last visiting the dentist, the dental status of parents and others.).
2. Quality control of individual hygiene with special samples and indexes.
3. Training proper brushing teeth directly in the cabinet with a mirror, which is a set of brushes, toothpaste and other hygiene products.
4. Individual selection of oral hygiene depending on the teeth, gums, type of dental pathology.

5. Professional teeth cleaning.

In the absence of tartar remover pigmented coating using circular brush abrasive paste, ultrasonic, easy-abrasive tools, in the presence of tartar - soluble liquids, scalers, circular brushes with abrasive paste. Complete professional cleaning polished surfaces of teeth polishing bowls with fine paste.

6. Implementation of preventive procedures, conducted according to the plan dentist: Fissure sealing sealants, fluoride treatment preparations, gels, paints, films, foams, solutions.

Intervals between professional oral hygiene can last from two weeks to several months and determined individual to individual (as oral hygiene, the intensity of caries process, as periodontal tissue, degree of teething in children and so on.).

**Individual oral hygiene** - a thorough and regular removal of each person deposits from the surfaces of the teeth, gums via special purpose vehicles (individual oral hygiene). Selection of hygiene products is determined by the age of man, the presence of specific dental disease or predisposition to them, the individual characteristics of the oral cavity (atypical structure dentition, tooth shape, presence of orthodontic or orthopedic constructions etc.). For children and adolescents color 4 main groups of oral hygiene (toothbrushes, liquid oral hygiene, toothpaste), arsenal of adult oral health significantly expanded, thanks not only to features sizes hygiene products, but also functional depending on fizioloho-anatomical, psychological characteristics inherent in each age group.

For individual oral hygiene pick up a set of personal, manual or electric toothbrushes prevention; prophylactic toothpaste with anti-inflammatory, antimicrobial action; interdentalni means; prophylactic anti-conditioners; stimulants; irrigator, soul; prophylactic deodorants and sprays.

**Personal precautions:**
- Toothbrushes (division 7 parameters)
- Interdentalni means (yoryshky, floss, flossety, strips, toothpicks, mezhzubni stimulants)
- Oral irrigator oral cavity (irrigation in the "current", "soul", hydromassage, massage hidropovitryanyy)
- Care tongue
- Terry cloth for cleaning the oral infant
- Hygienic dental rubber ring
- Individual stomatolohychne mirror
- Toothpaste and gel for brushing
- Tooth powder
- Liquid hygiene (rinse, elixirs, balms, deodorants, tonics, sprays)
- Chewing gum and sugar free tablets
- Means for increasing salivation
- Dyes for independent detection of dental plaque
Care and orthodontic removable prosthetics

**Stimulants formation of saliva**
*(At a rate of less saliva flow 1 ml / min)*

- Liquid Proxident Mouth Spray
- Tablets SDI saliva stimulator
- Chewing gum with xylitol, sodium bicarbonate
- Chewable tablets with xylitol, odorants
- Preparations based on mint, menthol

### 6. Materials for self-control:

**Tests for self-control**

1. What movements begin to brush your teeth with the standard method of cleaning teeth:
   - **A.** Sweeping movements
   - **B.** Circular movements
   - **C.** Horizontal
   - **D.** Vertical
   - **E.** Reciprocating motions

2. Hygiene toothpastes have:
   - **A.** Anti-inflammatory effect
   - **B.** Cleaning, deodorizing effect
   - **C.** Protykarioznu action
   - **D.** Antifungal action
   - **E.** Analgesic effect

3. Toothpastes containing salt supplements include:
   - **A.** "Novyy zhemicug"
   - **B.** "Promise"
   - **C.** "Semeynaya"
   - **D.** "Ftorodent"
   - **E.** «Pomoryn"

4. The oral irrigator is used to:
   - **A.** Removal of soft plaque
   - **B.** Removal of hard plaque
   - **C.** Cleaning the mouth and gum massage
   - **D.** Examination of the oral cavity
   - **E.** Cleaning the tongue

5. Interdental spaces are cleaned with:
   - **A.** Irrigator
   - **B.** Interdental stimulators
   - **C.** Mouthwash
   - **D.** Toothpicks, dental floss
   - **E.** Conditioner
6. When administered elixirs?
A. While eating
B. Before meals
C. Before cleaning teeth
D. After cleaning teeth
E. After meals

7. What is a conglomerate of microorganisms, epithelial cells and leukocytes lipids?
A. Soft plaque
B. Solid dental plaque
C. Supragingiva tartar
D. Subgingival tartar
E. Pelikula

8. What is the index used to determine the level of oral hygiene?
A. PMA index modification in Parma
B. Index by Russel
C. Index Fedorov-Volodkin
D. Index CPITN
E. Index KPI P.A.Leusom

9. What means are used to identify plaque?
A. Enzymes
B. Dyes
C. Antiseptics
D. Anesthetic
E. Alcohol

10. What time can be used gum?
A. 10-15 minutes
B. 30 minutes
C. 40 minutes
D. 1 minute
E. Do not use

B. Situational task.

Task 1. Patient A. '45 complains of aesthetic defect hard tissue of teeth, increased sensitivity to thermal stimuli. After the survey was diagnosed with periodontal disease, the severity of the second and the complex treatment. What toothpaste can recommend? What moves are not recommended toothbrush?
A. You can apply toothpaste "Pearl", "New Pearl", "Ftorodent», «Colgate Sensitiv Pro-Relief», «Lacalut sensitive», not recommended for horizontal movements toothbrush
B. You can apply toothpaste "Pearl", "New Pearl", "Lesnaya", «Colgate Sensitiv Pro-Relief», «Lacalut Activ" recommended horizontal movements toothbrush
C. You can apply toothpaste "Cedar Balsam", "New Pearl", "Ftorodent», «Colgate Sensitiv Pro Relief», «Lacalut White», recommended for horizontal movements toothbrush
D. You can apply toothpaste "Pearl", "New Pearl», «Silka», «Colgate Sensitiv Pro-Relief», «Lacalut Sensitive», recommended for horizontal and vertical movements toothbrush
E. You can apply toothpaste "Borohlitserynovu", "New Pearl", "Propolisovu" "Lesnoy Balsam", "Sensitive Lacalut" recommended horizontal movements toothbrush

Task 2. Patient A. '50, complaining of bleeding gums when brushing teeth, eating vzhivannii tough, bad mouth. After the survey was diagnosed with chronic generalized periodontitis, II severity. What hygiene can assign it?
A. Toothpaste "Lesnaya", "Paradontaks" "Parodontol" "Lakalut Active", "Pomorin." In acute brushing medium hard in remission - soft toothbrush
B. Toothpaste "Lesnaya", "Paradontaks" "Parodontol" "Lakalut ASSETS" "Pomorin." During exacerbation brush your teeth with a soft toothbrush in remission - brush of medium hardness
C. Toothpaste "Lakalut sensitive", "Sensodyne". During exacerbation brush your teeth with a soft toothbrush in remission - brush of medium hardness;
D. Toothpaste "Lesnaya", "Paradontaks" "Parodontol" "Lakalut Active", "Pomorin." During exacerbation brush your teeth with a soft toothbrush in remission - a very soft toothbrush;
C. Toothpaste "Colgate Deep", "Sensodin" "Ftorodent." In acute brushing medium hard in remission - a stiff brush;

Task 3. Patient M., '30, diagnosed with chronic generalized periodontitis, initial stupenya. Revealed: soft plaque, tartar layers in the interdental spaces under the gums. Conducted professional oral hygiene. Which means oral hygiene you recommend, if you know that it works in three modes: Ink - removal of soft plaque and food debris, soul - cleansing and irrigation, hydro - water massage gums improve mikrotsyrkulyatsiyi vessels?
A. Toothpicks
B. Hygienic toothbrush
C. Preventive toothbrush
D. Chewing gum
E. irrigator

Task 4. Patient M., '20, diagnosed with acute catarrhal gingivitis. Found a large amount of soft plaque on the upper and lower jaws, nad'yasenevoho layers of plaque in the interdental spaces. Conducted professional oral hygiene. In the complex designated individual oral hygiene toothpaste is "Lakalut Go" containing chlorhexidine. Which negative effects can result in its effect?
A. The appearance of yellow or yellow-brown plaque on the teeth and tongue
B. The emergence of itching
C. The appearance of the gums bolisnosti
D. The emergence of burns
E. The emergence burning

Task 5. Patient B., '40, complaining of bleeding gums when brushing teeth and taking tough food. After the survey was diagnosed with chronic generalized periodontitis, and severity, the complex treatment. Designed complex individual events. How often is recommended to change your toothbrush in the future, in remission?
A. Six months later,
B. In a week
C. In a month
D. After 2-4 months
E. In a year

Task 6. Patient B., '21, appealed to the dentist complaining of increased teeth sensitivity frontal group of upper and lower jaws of cold, sour. OBJECTIVE: clear pale pink. GI-by Fedorov has been received - 1.6 skuchenist teeth in the frontal part of the mandible, palatal position 13, 23 teeth. What hygiene oral doctor should recommend that the patient in teaching oral hygiene?
A. Toothbrush type "Sensitiv" or soft bristle brush, rinse type "Sensitiv" toothpicks, flosses, toothpaste "Sensodyne Classic"
B. Toothbrush type «Sulcus», rinses type «Colgate Plax», toothpicks, flosses, toothpaste «Colgate»
C. Toothbrush type "Sensitiv" or stiff bristle brush, rinse type "Sensitiv" toothpicks, flosses, toothpaste "Lesnaya"
D. Toothbrush bristles of medium hardness, rinse with herbal extracts, elixirs, flosses, toothpaste "Sensodyne Classic"
E. Toothbrush with very stiff bristles, rinses such as "Sensitiv" flosses, toothpaste "Paradontaks"

Task 7. Patient B., '19 complains of rapid formation and excessive accumulation of soft plaque. The patient is a carrier of fixed orthodontic designs. After a thorough examination, professional oral hygiene, for a set of individual measures. What are the use of personal hygiene in this case?
A. Toothbrush type of special purpose «Travel», toothpaste and rinse with herbs; brush, brush, etc.
B. Toothbrush type of special purpose «Denture», toothpaste and rinse with herbs or fluorine components; brush-brush etc ;
C. Toothbrush for special purposes such as "Ortho" (orthodontic), toothpaste and mouthwash with fluoride components, etc.
D. Toothbrush for special purposes such as "Ortho" (orthodontic), toothpaste and rinse with herbs or fluorine components; brush, brush, etc.

E. Toothbrush for special purposes such as "Ortho" (orthodontic), toothpaste and mouthwash minerals; flosses etc.

**Task 8.** Patient K., '43, diagnosed with chronic generalized periodontitis, the severity of the second flap operation performed on the lower jaw. Which option hygienic oral care you recommend that patients in the first two or three days after the operation?

A. Chlorhexidine mouthwash solution

B. Cleaning teeth with chewing gum

C. Teeth cleaning flosses

D. Brushing your teeth with a soft brush with anti-inflammatory paste

E. The use interdental brushes and dental stimulators

**Task 9.** Patient A., 47 g., Was diagnosed with chronic generalized periodontitis, II and III severity. In conducting the comprehensive therapy movable lower front teeth and upper jaw were zashynovani fiber adhesion bus. Which items oral care not to use sick?

A. Chewing gum

B. Tooth brushes

C. Dental flosses

D. Interdental stimulators

E. Electric Toothbrush

**Task 10.** The woman Yu '47, diagnosed with chronic generalized periodontitis, II severity. In conducting the comprehensive therapy movable lower jaw front teeth the mandible teeth were sutured with fiber adhesive bus. Which items oral care need to use sick?

A. Tooth brushes, superflosy, ultraflosy

B. Chewing gum, flosses

C. Dental flosses, balms, tonics

D. Toothpicks, mouthwash

E. Electric toothbrush elektroflos

7. **Recommended literature**

   **Basic:**


More:

Information on the Web:
https://meduniver.com/Medical/stomatologia/213.html
https://meduniver.com/Medical/stomatologia/213.html
http://shemshur.narod.ru/Portfolio/Borovsky/TerSt_13.pdf
http://www.igma.ru/attachments/article/868/N3_2015.pdf#page=33

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