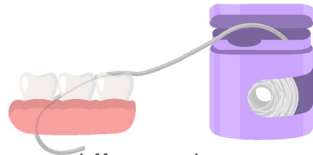


DENTAL CLEANING TOOLS

DENTAL FLOSS:

- **WAXED DENTAL FLOSS:** It is a dental floss covered with a wax layer to facilitate the sliding of floss between the teeth, used mostly for teeth that are tightly close, and often have an odor as chosen by the manufacturer
- **UN WAXED DENTAL FLOSS:** it is not covered with wax and is weak and has no odor.

SUPER FLOSS: It comes with plastic side followed by sponge part and then, the thread, is used to clean the fixed (fixtures) which called bridges.



- Studies have shown that there is no difference between waxed and non-wax tooth floss in cleaning between teeth
- The fear of gum scratches for beginners makes them use a waxed dental floss.



DENTAL FLOSS HOLDER:

It is a carrier on which the dental floss can be attached in order to make it easily accessible to the posterior teeth instead of using fingers.

The importance of dental floss cleaning:

- The dental floss cleans between the teeth, the area that the brush cannot reach
- Cleaning between the teeth means passing the dental floss down to the open area between the tooth and the gums
- The dental floss prevents tooth decay in the contact areas between the teeth.

PROXA BRUSH (A BRUSH BETWEEN TEETH):

They are small brushes that come in different sizes to be used in three cases:

- 1) Used by orthodontic patients with gum disease to clean the toothpaste box
- 2) It is used by patients to clean the periodontal (gum) pockets
- 3) It is used by patients with fixed prosthodontics (bridges) to clean the food under the fixed dental bridge

PLASTIC NEEDLE(FLOSS THREADER):

The plastic needle facilitates the insertion of the dental floss under the orthodontics wire, and it is used by orthodontic patients after connecting the dental floss to clean between the teeth

TONGUE SCRAPER

Is a plastic or metal tool used to clean the tongue from food residue, and it is called scraper because it scrape the tongue from the back to the front and cleans the surface of the tongue

SINGLE TUFT TOOTHBRUSH

This type of brushes is used to clean the overlapping teeth, especially teeth that are difficult to reach with the ordinary brush



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THE IMPORTANCE OF DENTAL CLEANING TOOLS VARIATION:

To keep all the teeth surfaces clean, you should use the suitable tool. Toothbrush, for example, cleans the outside and interior surfaces, but cannot clean between teeth. So you should use the dental floss after using the brush. Prosthodontics and orthodontics appliances also have other tools to be cleaned, added to toothbrush, and different methods of dental cleaning must be recognized to maintain optimum oral hygiene and healthy gum.

DENTAL CLEANING TOOLS TYPES:



AL SEWAK

It is the Aruk oyster extracted from an evergreen tree, which is better than those extracted from Al Eshal, Al Besham and Al Darru . Al Siwaak contains a small proportion of fluoride, it has preservative particles that reduces gingivitis and tooth whitening. The Sewak is Suna for both men and women.

HOW TO USE AL SEWAK:

- After cleaning the Arak rod and moisturizing it with mouth, remove the outer layer with knife.

- Moisturize and disintegrates between the teeth until it the bristles separate and ready to be used
- Place the Sewak between the tooth and gum then make a circular and up motion for each tooth.
- Clean the inner area of the tongue by twisting the Sewak to cover the surface of the tooth to be cleaned
- Clean the tongue by passing the Sewak from the back to the front

MANUAL TOOTHBRUSH:



The following criteria should be fulfilled in the toothbrush:

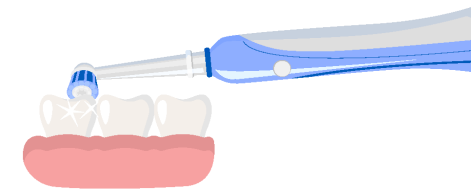
- **Bristles should be soft and made of nylon** to make it easy to clean and remove the food remnants and dental plaque
- The handle should be **long and easy to use** to reach the back teeth
- The end of the **bristles should be dense** and in two to four rows, arranged in circles to reduce the possibility of scratching the teeth or causing the wound of the gums and thus inflammation
- Companies compete in advertising for their tooth brush brand with variations in the price, but most of the **toothbrushes are quite similar**. Expensive toothbrush does not mean that is the best and vice versa..
- There are three types of brush: **soft or extra soft, medium, and hard**. The ordinary person usually uses the soft type but the smokers advise to use the medium to hard type.

TIPS FOR TOOTHBRUSH USERS:



- Avoid the hard toothbrush, because it causes scratches and gum wounds
- Using a soft brush with gum diseases is preferable
- Patients who complain of gingivitis can use a soft or extra soft toothbrush
- Using more than one brush at the same time, increases the life span
- Change the brush every six weeks or when the bristles are distorted

ELECTRIC TOOTHBRUSH:



- The electric and manual toothbrush are equal in the efficiency of cleaning the teeth
- The electric toothbrush needs more time than the manual brush to clean, as it cleans the teeth one by one, unlike the manual brush that cleans two to three teeth at a time
- Each electric toothbrush has its own use in its attached catalog.
- It is best used for people with special needs, and children