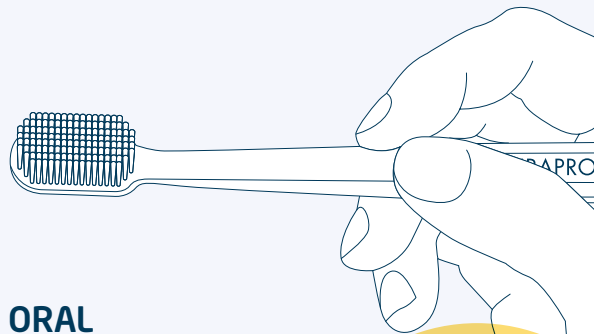




INDIVIDUALLY
TRAINED
ORAL
PROPHYLAXIS

iTOP – You,
Your Team,
Your Patient



**INDIVIDUALLY TRAINED ORAL
PROPHYLAXIS FOR iTOP INTRODUCTORY
LEVEL - DO IT WELL AND TEACH IT.**

CONGRATULATIONS,

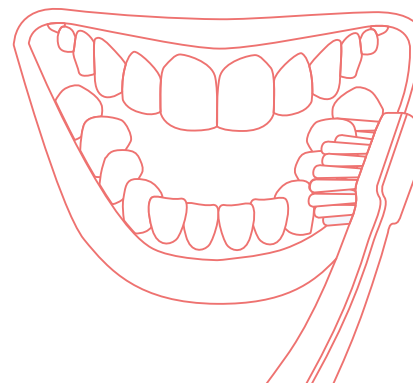
on completing your iTOP Introductory seminar. You are now capable of applying your iTOP skills to your daily work.

Read about how to successfully practice what you've learned during the past hours on yourself and your team, and how to teach it to your patients and help them improve their future. Remember that in iTOP, you are more than just a person that restores the damage. You are a coach, motivator and accountability-buddy to your patients and their successful path to health preservation, optimal oral health and general reduction of health risks.

It's literally in your hands.

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STORY OF iTOP

Jiri Sedelmayer, Czech dentist, founder of iTOP and co-developer of interdental brushes and a new-generation of toothbrushes.

After successfully completing his studies in Dentistry at the University of Hamburg in 1986, Jiri Sedelmayer worked as a Research Assistant at the Department of Conservative Dentistry and Periodontology at the UKE Hamburg's teeth, mouth and jaw clinic. His work focused on individual prophylaxis, restorative therapy and endodontics. During his work with students, Jiri Sedelmayer developed the iTOP philosophy (individually trained oral prophylaxis) and Touch to Teach (T2T) – techniques he formulated after seeing flaws and knowledge gaps in current prophylaxis.

It was through his passionate and relentless work that, in collaboration with Ueli Breitschmid and Curaden,

he co-developed today's CPS prime and CPS perio interdental brushes as well as the unique CS 5460 ultra soft and CS smart toothbrushes.

Upon his return to the Czech Republic, he founded the Czech Preventive Society (SPS). In his hometown of Prague, he taught individual oral prophylaxis and prevention as a guest lecturer at the Charles University, the Czech Preventive Society and at international seminars for dental professionals and students.

His methods have been published both domestically and internationally and he lead more than 1,100 training seminars and courses worldwide. Since the start of iTOP seminars in 2006, over 25'000 professionals have attended iTOP seminars in over 50 countries around the world. And it keeps growing!



THE CONCEPT

iTOP consists of four modules – Introductory, Advanced, Recall, and Educator – and is designed for all dental professionals after graduating from their respective programs.

The one-day iTOP Introductory seminar is meant to give participants a first-hand look at the system and philosophy of iTOP, where they will learn about failures in current prophylaxis and deepen their knowledge on biofilm. During the practical training, participants will be taught proper techniques using the right tools for optimal maintenance of oral health. They will also be provided knowledge on how to take care of their health, which will later serve as the foundation for teaching and motivating their patients.

During the iTOP Advanced seminar, participants will engage in practical training as outlined above. Additionally, they will gain a deeper understanding of the daily implementation of individually-trained oral prophylaxis in the dental practice. Focus will be to instruct, motivate, and create a successful oral health

prevention for patients. The seminar will enable discussions about participants' experiences and difficulties in their daily work, and will address the implementation of improved time management for consultations. After iTOP Advanced, professionals will be fully able to coach and motivate patients and make preventive treatment part of their dental business.

The lightbulb moment in preventive dentistry.

WHAT YOU WILL KNOW AFTER TODAY

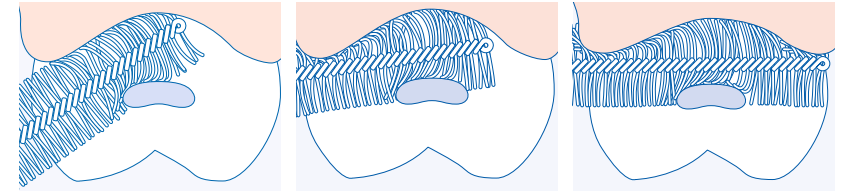
The three pillars that support iTOP



- How to measure each individual interdental space with IAP
- The correct way to determine the most effective IDB size and the least traumatic for each interdental space
- How to note down the correct size of IDB on the IAC chart
- Position and angle of bristles onto sulcus and teeth
- Importance of pressure and movement with CS 5460 and CS smart
- Technique and indications of single brush
- Different angles for solo-technique in upper and lower jaw
- Loop technique and nail-on-nail position while flossing

TOOLS AND TECHNIQUES

Interdental brush – the one for the in-betweens

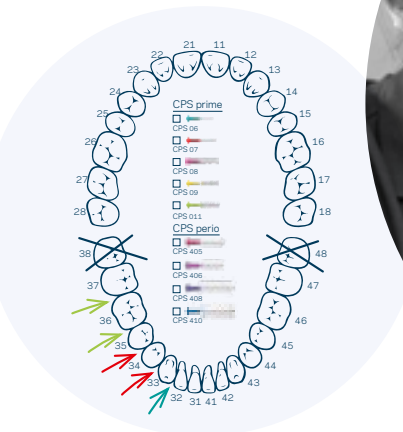


Interdental spaces account for about 30% of the surfaces and hence represent big area that needs to be cleaned. Failure to clean these surfaces has been proven to be a major health risk – not only in oral health but also in general health. A number of studies have shown the superiority of interdental brushes over floss in removal of biofilm.

The fine bristles of CPS primes series are unique in their sizing, allowing to reach all the critical areas between the teeth. They have an excellent tension and do expand to fill the gap. With the umbrella effect, the fine bristles gently and effectively clean the areas.

CRITERIAS

- › **Acceptability** of IDB in patients is much higher than dental floss.
- › **Atraumatic** cleaning, the right techniques need to be used.
- › **Effective** cleaning, the correct size of interdental brush is required.



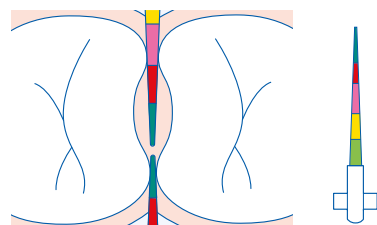
INSTRUCTION: PROBING & MARKING

- Interdental Access Probe (IAP) is used to evaluate the correct size of the IDB brush for each individual interproximal space. The probe is colour-coded to match the size of the interdental brush.
- Test the validity of the measurement by inserting the IDB of the equivalent colour.
- Indicate the findings on the Interdental Access Chart (IAC). Mark down on IAC with the correct colour with a clear arrow pointing the direction the IDB was inserted.

Tip 1: When you are working with a patient who is afraid or feels insecure with the interdental brushes, start with measuring the lower lateral jaw because it is more spacious. Measure the rest of both jaws once the patient starts to feel relaxed.

Tip 2: As each and every interdental space is different and has a unique shape, difficulties could occur while inserting the IDB at the beginning. This is why we need to do not only the measurements but also a verification with the IDB for each space.

Tip 3: Inflammation may subside after four days to a week, thus, a remeasurement of each interdental space is needed.



TOOTHBRUSH - THE BASICS WITH HIGHER EFFECTIVENESS

A regular toothbrush has approximately 1,000 to 1,200 bristles per brush head, resulting in a less dense field and hence creating visible gaps between the bundles of bristles. The lower the number of bristles, the greater the chance of missing biofilm along the sulcus even with brushing. For best possible biofilm disruption while achieving the best cleaning results, a soft and dense field of bristles on a small brush head is the most effective and least harmful.

CRITERIAS

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CHARLES CASSIDY BASS AND HIS TECHNIQUE

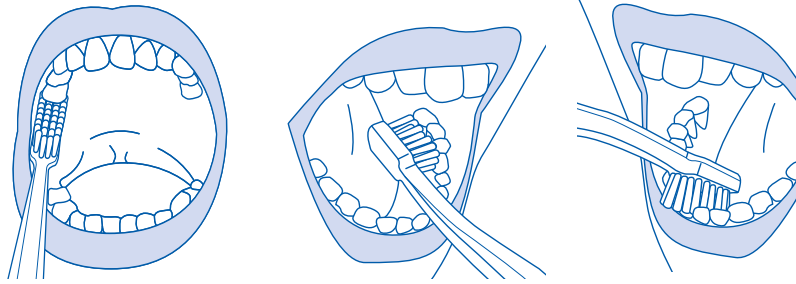
Charles Cassidy Bass, a native Mississippian, introduced the Bass Technique of Toothbrushing and Flossing to the dental community four decades ago.

During that time, he criticised the academic, public health and military dentists for their lack of knowledge in the area of preventive dentistry.

Some refer to Bass as «The Father of Preventive Dentistry». Later in life, Bass continued to study the relationship between dental health and the general well-being. The Bass technique is what is used in iTOP as standardised teaching technique.

INSTRUCTION: BASS TECHNIQUE

- Position the brush half on the gums and half on the teeth, with the bristles directed towards the sulcus area (slight angulation).
- Once in the sulcus, lose all the pressure and start doing small circular movements, and continue all along the jaw, in overlapping movements. The key is to stay in the bordering area (soft/hard tissues), with the bristles of the brush always in the sulcus.
- Systematically brush all the surfaces; so no surface is left untouched.



Tip 1: Except for children, chewing surfaces are left at the end of the brushing as the fissures tend to be flattened. By chewing and degutting, surfaces in constant contact prevents biofilm from accumulating.

Tip 2: Start from the area that always gets missed when cleaning. This is a good habit to master in order to ensure thorough cleaning from the beginning.

Tip 3: Pay special attention to the deep fissures of the newly grown permanent dentition; and brush thoroughly even when using other tools.

«Lifelong tooth preservation without unnecessary damage is possible – under the supervision of a highly qualified specialist who knows how to use effective and non-traumatic techniques and tools.»

– Dr. Jiri Sedelmayer / founder of iTOP



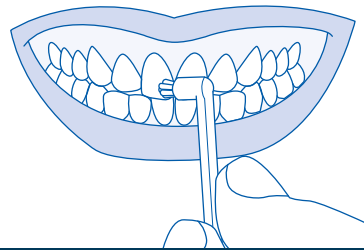
A clean tooth
cannot get sick.

SINGLE BRUSH - 100% LOVE FOR EVERY TOOTH

There's no better way to brush than tooth by tooth to absolutely clean the sulcus from biofilm. Jiri Sedelmayer developed this brush in accordance with his solo technique - a unique cleaning method. The brush and tuft head have been designed so the filaments perfectly match the gum line anatomy.

INSTRUCTION: SOLO TECHNIQUE

- This technique requires focusing on the touch feeling, hence, using toothpaste or any other chemical is not necessary.
- Take your time while performing the technique in a comfortable place (not in the bathroom nor in front of the mirror except at the beginning during orientation).
- Stay only on the hard dental tissue but with bristles in the sulcus.



CRITERIA

- Once the technique is learned, **acceptability** is high because of the immense feeling of cleanliness.
- For **atraumatic** cleaning we have a brush that only goes on hard dental surfaces, under gums, directly in sulcus.
- No cleaning is more **effective** than brushing tooth by tooth.

Tip 1: Practice whenever possible -while studying, reading, watching tv, while on the train.

Tip 2: Remember to also clean the chewing surface where deep fissures are common.

Tip 3: The single brush is a valuable cleaning tool for people with braces and implants.

DENTAL FLOSS - SKILLFUL EMBRACING INCISORW

The controlled use of floss in interdental spaces where teeth are tightly packed together can be very effective. Floss is used in combination with IDB on long and parallel tooth surfaces in the front teeth. It is also used for crowded teeth and teeth where no IDB can fit.

Don't forget, not all interdental spaces are the same and so consideration needs to be given to the best cleaning method for each individual space. But be careful, using floss the wrong way stretches tautly across concave surfaces and often fails to clean them properly but also, easily cuts deep into the gum causing severe trauma. However, well-trained professionals know how and where to use dental floss.

Tip 1: Repeat the up and down movement without sliding out from the interdental space before both are thoroughly cleaned.

Tip 2: Practice the loop position and take your time, do not hurry.

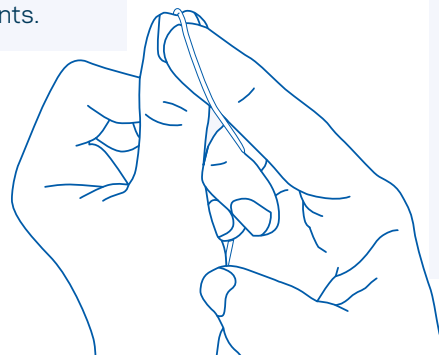
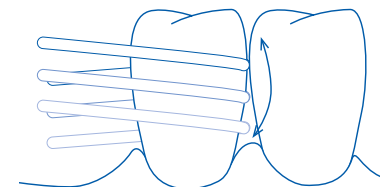
Tip 3: Effectivity is low without the proper technique. If acceptability is not there, remain with IDB.

CRITERIA

- **Acceptability** of floss is low, therefore, it is important to properly explain its use only for the front teeth.
- **Atraumatic** care is achieved, only with correct loop technique and controlled movement.
- Floss is **effective** only when used correctly and in spaces where IDB can't access.

Instruction: Loop Technique

- The goal is to make the loop that will go fairly closely over three or four fingers.
- With a sawing motion gently cross the contact point of the teeth. You can control the dental floss crossing the contact point safely and easily.
- The movement is similar to deep scaling with the currettes. Repeat the action on one approximal space two or three times.



THE FUTURE OF iTOP IS YOU

Implants, braces, fillings – these procedures take time and effort. Make sure that they last for as long as possible. Explain to your patients that they themselves can carry through with good oral care. Focus your appointments more on prevention instead of restoration. «Keeping healthy» will preserve the work of «fixing the broken» in a patient's mouth.

Our experience shows that dental offices with iTOP education have improved their work with patients and have increased team satisfaction.

ONE TEAM FOR THE PATIENT

It has proven to be important that the dentist and his team share the same philosophy and values inside the dental office. Showing agreement on and enthusiasm for iTOP and preventive oral care around the patient will help foster trust.

ONE-ON-ONE: THE IDEAL INSTRUCTION

The success of iTOP depends strongly upon the patient's motivation. This is where your role matters: as a coach. Are you excited to become one? Don't forget to be patient and start slowly. Remember, your patient is learning how to break and change an old habit.

THE START TO BETTER ORAL HEALTH

Every patient, healthy or with gingivitis/periodontitis, needs interdental brushes. Measure the interdental spaces with the probe and mark the size down on the chart. It's important to be delicate here: We recommend a maximum of two different sizes to start with. The primary goal is to remain non-traumatic to get the patient to use IDBs daily.

Remind the patient: Healthy gums do not bleed. Keep your patients motivated. Success is the best motivation: no more cavities, no more gingivitis. That's inspiring. It's important to explain that good oral health is in direct correlation to overall good health.

CONTINUE LEARNING WITH US

It's one thing to know how to use tools and techniques on yourself and the patient – it's another to implement the philosophy properly into your daily work. How can oral health prevention be part of your business model?

These questions and more practical training are part of iTOP Advanced seminar. Increase your knowledge with our two-day iTOP training.

What obstacles do you need to conquer to achieve a successful prevention training?

Find your nearest iTOP Advanced seminar via www.curadenacademy.com

WE ARE HERE FOR YOU.

If you have any questions or need any additional support, we are happy to help. Contact your local iTOP team or email us directly.





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