Oral hygiene in orthodontics

During orthodontic treatment, many patients seek advice on how to clean their braces effectively and gently. Since ordinary toothbrushes and interdental brushes are not suitable for orthodontic appliances, Swiss oral care provider Curaden, under its CURAPROX brand, is now offering the new Ortho Kit. This specialised kit contains the CS ortho ultra soft toothbrush, the CS 1009 single brush, the CPS 07, CPS 14 and CPS 18 interdental brushes, and ortho wax. The Ortho Kit is a perfectly combined set of products and gives dental professionals the best option for improving orthodontic patients’ oral hygiene.

When used correctly, the right toothbrush should dislodge and remove plaque through small circular movements along the gingival margin. Demonstrating the right balance between comfort and effectiveness, the CS ortho ultra soft toothbrush is specifically designed to clean both teeth and orthodontic appliances. With 5,460 filaments, the compact brush head allows for easy cleaning of the brackets’ outer surfaces and its shape helps patients brush at the right angle. Each filament has a diameter of 0.1 mm, allowing the production of a head with many fine, though durable, bristles. The groove in the middle of the brush head accommodates the brackets and wires to allow the brush to clean the teeth better. In addition, the octagonal handle facilitates brushing at an angle of 45°. The CS ortho ultra soft toothbrush cleans efficiently and thoroughly and has gained an outstanding reputation among orthodontic practices and patients.

Patients wearing orthodontic appliances have to exercise particular care in their oral hygiene, since bacteria can accumulate more easily around the brackets and wire surfaces. A single-tufted toothbrush, the CS 1009 is particularly suited for use on wires and brackets. The brush adapts to the contours of the brackets, can easily be moved from the top to the bottom, and is gentle on the gingivae. The CS 1009 also adapts to the anatomy of the gingival margin, making it an indispensible expert tool that every orthodontist should use.

How to use interdental brushes in orthodontic care

Interdental brushes allow for effective prevention of dental caries and periodontal disease and should ideally be used before, during and after orthodontic treatment. To maximise the potential for atraumatic, effective and acceptable cleaning without harm to the papillae, CURAPROX offers ultra-fine bristles, extra thin wire cores and a durable system for all of its interdental brushing systems. Developed to suit the orthodontist’s needs, the CPS 07, CPS 14 and CPS 18 interdental brushes are especially capable of cleaning wires and brackets. With an accessibility of 2 mm and an effectiveness of 8 mm, the CPS 18 allows for excellent cleaning of the outer wires, whereas the CPS 14 is especially suitable for the inner wires. The CPS 07 allows for complete cleaning of the gaps between the teeth.

CURAPROX has placed special focus on the comfortable use of international brush holders for the specific needs of orthodontic patients. For example, the UHS 451 holder has a smart click system
on which the CPS 07, CPS 14 and CPS 18 interden-
tal brushes can easily be mounted. Patients can
also use various other holders.

Another key element of the Ortho Kit, the
ortho wax helps patients become used to their
appliance and protects the oral mucosa from
abrasion and injury by bracket edges. The trans-
parent and tasteless wax can easily be placed on
to the brackets once warmed and is available in
a convenient carrying case. Finally, the Ortho Kit
contains a brochure with tips and advice on how
to clean teeth and appliances effectively. It pro-
vides specific oral hygiene instructions for each
product, as well as information about proper
nutrition.

More than just communication

In addition to offering innovative products, Curaden
emphasises the need to motivate dental profes-
sionals and patients. Motivation is crucial for
effective orthodontic treatment because it en-
courages patients to engage in positive behavioural
change and helps to achieve an overall positive
outcome. Through the iTOP (individually trained
oral prophylaxis) educational system, dental pro-
fessionals will learn to communicate more effec-
tively with their patients, to listen to their ques-
tions and concerns, and to establish long-lasting
good oral hygiene for their patients. Owing to the
combination of high-quality products and effec-
tive communication, dental professionals can
ensure that their patients act in accordance with
their advice and practise good oral health habits.

Optimum orthodontics
right from the start

Besides the new Ortho Kit, the new CURAPROX
Baby soother is a revolution in paediatric den-
tistry. This soother promotes the proper devel-
opment of the palate and jaws by preventing
misaligned teeth, problems caused by mouth
breathing and skin irritation. Its flat tip ensures
sufficient space for the tongue, while the side
wings guide the suction pressure in the optimal
direction.