OBJECTIVES OF THE PLAQUE CONTROL PROGRAM

1. To reduce the level of plaque in the mouth so that tooth decay and gum disease are eradicated from the mouth

2. To define plaque.

3. To disclose the mouth using colored dyes to show the distribution of plaque in the mouth.

4. Demonstration of pocket depths and extent of recession.

5. Explanation of how tooth decay and gum disease occur.

6. Brushing technique, careful linear progression around the mouth and use of the gum to tooth action.


8. The reasons we do not use the water pick: does not remove plaque, and can cause abscess.

9. Use of interdents for the triangles between the teeth.

10. Flossing, the length and tension of the floss, finger lock.

11. Affirmations, and the replacement of the floss container in the bathroom behind the faucet.

12. Best time to clean the teeth.


14. The fluoride story.

15. Fluoride for children.

16. The concepts of prevention and how they apply to the mouth and also to the rest of the body.