

## OBJECTIVES OF THE PLAQUE CONTROL PROGRAM



*Phil Macavity says "Just Floss 'Em"*

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.
7. Choice of toothbrush. Nylon round ended, multi-tufted fibers. Reasons for not using bristle, i.e. inoculation with own bacteria. Power brushes and their choice
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.
13. Choice of toothpaste: additives like fluoride and desensitizing agents.
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.

NEIL McLEOD, D.D.S., INC. B.D.S. (Lond.), L.D.S.R.C.S. (Eng.), D.D.S.,  
A Professional Corporation - 9201 Sunset Boulevard - Suite 715  
West Hollywood, California 90069-3708  
Tel (310 275 5379) Fax (310 275 6854) e-mail - drneilmcleod@yahoo.com

**DENTISTRY THAT LASTS - QUALITY THAT COUNTS**