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 indispensable 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
industry report

hygiene in orthodontics

on which the CPS 07, CPS 14 and CPS 18 interdental 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 transparent 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 provides 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 professionals and patients. Motivation is crucial for effective orthodontic treatment because it encourages 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 professionals will learn to communicate more effectively with their patients, to listen to their questions and concerns, and to establish long-lasting good oral hygiene for their patients. Owing to the combination of high-quality products and effective 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 dentistry. This soother promotes the proper development 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.