iTOP: It is like using a harp instead of a rock guitar

In prophylaxis, the individual approach is as important as the training aspect. Curaprox’s prophylaxis training (iTOP) therefore, considers “prevention” to be more than just using fluoride toothpaste. When Rolf Kufus, a Zurich dentist, talks about prevention, he emphasises the demands that prevention makes on dentists and patients alike. He compares it to music:

“In most cases, prophylaxis means that the guitarist in a heavy metal band suddenly has to learn to play the harp. This is not something you learn overnight—and especially not without a teacher,” Kufus said.

The three most common mistakes.

Cleaning in the wrong place: the toothbrush is not close enough to the gums, with the result that its bristles cannot reach the sulcus.

Brushing with too hard a toothbrush: if the toothbrush bristles are too hard, the patient automatically moves the brush away from the gums and simultaneously causes brushing damage.

Brushing with too much pressure: together with cuts by flossing (and resulting recession of the gums), one the most frequently corrected errors.

How dental care can be fun

The three most easily achievable improvements.

Using an interdental brush: iTOP graduates learn with surprising speed just how efficiently the spaces between the teeth can be cleaned.

Feeling rather than intellect: DH professionals mainly instruct patients using a model. In iTOP courses, they learn on each other how atraumatic tooth cleaning actually feels.

Brushing perceived as pleasure: bleeding disappears in an instant thanks to a change in brushing technique and a soft brush. Dental care and its results create happiness.

Implants—the failures of prophylaxis

Rolf Kufus realigned the prophylaxis concept for Personalised Dentistry in his practice after his first iTOP course.

“People are living into their 90s nowadays. It’s better without exposed tooth necks.”

He recalls that a tooth goes through about 100 million brushes in its lifetime. He emphatically states that prophylaxis is more than just fluoride toothpaste and the brunt of the dental work was placed on tooth repair. Today, there is an ever increasing number of dentists who view prevention as an essential part of the Hippocratic oath—namely the obligation to dental health as a whole. This also changes the role of dental hygienists who are shedding their role as “abrasive cleaners” and are turning into partners and fitness trainers for the oral health of patients.

Ultimately, iTOP also changes the role of a dental practice, moving away from profit orientation—without losing sight of prevention.

More information are available at www.kufus.ch www.curaprox.com www.iTOP-dental.com