

**METHODS OF CLEANING TEETH FROM CARIES, EQUIPMENT**

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**Annotation:** Primary prevention of dental caries is based on eliminating or reducing the influence of factors contributing to the development of this disease. When choosing a sealing method and type of sealant, it is necessary to take into account the patient's age, his general somatic and behavioral status, the degree of caries activity, the degree of tooth eruption, the possibility of effective isolation from oral fluid, the nature of the tooth surface relief, as well as the level of oral hygiene.[1] Reducing the number of microorganisms on the surface of hard tissues in the area of fissures to be sealed to the minimum possible values will lead to a more pronounced anti-caries effect.

**Key words:** Caries of permanent teeth, children of primary school age, sealing, oral hygiene, prevention.

The presence of carious lesions in a child's mouth has a great impact not only on the condition of the dental system, but also on the condition of the body as a whole, as well as on the patient's quality of life. Therefore, prevention of this disease is very important.[2] According to the WHO classification, prevention is divided into primary, secondary and tertiary. Primary prevention, aimed at preventing the onset of the disease and is divided into etiologic and pathogenetic, is the most effective. Primary prevention of dental caries is based on eliminating or reducing the influence of factors contributing to the development of this disease: excessive and frequent intake of carbohydrates, poor oral hygiene, reducing the contamination with cariogenic organisms. According to many authors, sealing pits and fissures is the most effective method of exogenous drug-free prevention of caries on occlusal surfaces, especially in children with its uncompensated form, which reduces the increase in this disease by 70-92%.[1] Sealing is a minimally invasive intervention, the working area of which is limited exclusively to the enamel layer, using various materials as sealants. The sealant, located on the chewing surface of the tooth, ensures the creation of a physical barrier on it that prevents the penetration of cariogenic factors into the fissure, the death of microorganisms or a decrease in their pathogenic properties, mineralization of the enamel, if the sealant contains active fluoride ions, easier cleaning of this area from bacterial plaque. Indications for sealing are deep and narrow fissures, close location of the fissure bottom to the enamel-dentin border, and a high risk of caries in the patient. As sealants, flowable composite materials, glass ionomer cements (GIC), and composite fissure sealants (Silantiev) are used - composite-based materials developed specifically for sealing coatings. The priority for fissure sealing is the use of fissure sealants enriched with fluoride.[1]

Daily brushing of teeth, even if you follow all the rules described above, is not a 100% guarantee of removing plaque deposits from the entire oral cavity. As a rule, pathogenic microflora remains in hard-to-reach areas (between the back teeth, on the upper teeth, in subgingival pockets, etc.), which can gradually develop into tartar and lead to the development of caries or gum inflammation. To avoid such consequences, dentists advise visiting a specialist every 6 months for comprehensive professional cleaning, which can be performed manually or using a machine. At the same time, the hardware method has an undoubted advantage - simultaneous polishing and whitening of tooth enamel. The method of teeth cleaning in a dental clinic is

selected individually, based on the wishes of the patient, the characteristics of the body and the possible presence of contraindications.

The advantage of laser cleaning is the elimination of infection and mechanical damage to oral tissues, since all manipulations are carried out at a distance. Painful sensations or adverse reactions are not typical for this method. In addition to the listed methods of brushing your teeth, there are many other home and professional ways to combat dental plaque and prevent dental diseases.[12] The main role is played not even by the method itself, but by the quality of its implementation. Following the recommendations of dentists will significantly reduce the likelihood of developing pathological processes, maintain dental health and maintain a beautiful smile.

#### Methods for cleaning teeth against caries

Let's look at how to clean the surface of teeth from caries. For this, the following methods are used:

- **Ultrasonic.** To carry out this procedure, tooth surfaces are first coated with a special compound. Then their surface is treated using a scaler with ultrasound. When vibration occurs, active oxygen is released from the product, which destroys deposits. During ultrasonic cleaning, units are irrigated with water to facilitate the process of removing deposits and protect them from overheating.[1, 2, 3, 4, 5]
- **Air Flow.** Let's look at how to clean teeth from caries using this popular method. To clean the tooth surface, it is exposed to an aerosol, which consists of drops of water and soda particles. The jet impacts the surface. Soda particles remove hard mineral deposits even in hard-to-reach places. Air bubbles with water remove its remains. During the manipulation, small enamel defects are eliminated and superficial dark spots are removed.[10,12] The Air Flow method is most often recommended for the prevention of carious lesions for people who wear implants, braces or crowns.
- **Laser.** This method removes hard deposits in a non-contact manner using a laser. The principle of its operation is based on the fact that the mineral deposit heats up and moisture evaporates. The deposits are then washed off using a water jet.

Teeth brushing methods. Can be removed with regular hygienic brushing of teeth dental plaque from the outer, inner and chewing surfaces teeth. There are several methods for brushing your teeth. Children starting from 5 - 6 years of age and adolescents (provided that they brush their teeth from 5 to 6 years of age) double cleaning is recommended (in the morning after meal and in the evening before bed) with a soft toothbrush and any hygienic toothpaste or fluoride toothpaste, adhering to following standard procedure.[1, 6, 7, 8,12]

1) Place the toothbrush at an angle to the gum where it attachment to teeth.2) Using light scrubbing movements, move the brush from the gum to the cutting edge or chewing surface;3) Clean the outer (lips and cheeks) surfaces of two adjacent teeth at the same time, first the upper and then the lower jaw, holding the bristles at an angle to the gums.4) In exactly the same way, clean the internal ones (from the tongue and palate) tooth surface.

Currently, there are many models of toothbrushes. Each toothbrush consists of a handle and a working part - a head with bristle bushes planted in it. Available brush types differ in the shape, size of the heads, location, density, the length and quality of the bristles, the size and shape of the handles. The effectiveness of using toothbrushes and, consequently, the correct individual

selection of brush depends on the hardness brush field. There are 5 degrees of hardness: very hard, hard, medium hard, soft, very soft. Exception make up children's brushes, which are made from soft and very soft bristles. Very hard and harsh brushes if not used correctly use can injure the gums and hard tooth tissues. Pre-treating them with warm water makes the brushes softer. Brushes medium hardness and soft ones are most effective, since the bristles of these brushes are more flexible, clean the gingival sulcus and penetrate better interdental spaces. Very soft brushes are recommended to be used during the treatment of periodontal diseases (after curettage and other surgical interventions), when the condition of the gums does not allow brush your teeth vigorously. Frequency and shape are important in brush design bush plantings. The optimal distance between bushes is considered to be 2.0 - 2.5 mm. The parallel form of bush planting is the simplest and effective. However, brushes with dense bush planting are often produced, which makes their hygienic maintenance difficult and also reduces cleansing effect on the contact surfaces of the tooth. Toothbrushes with Y-shaped placement of fiber bundles is recommended for cleaning plaque from the contact surfaces of teeth in persons with wide interdental spaces. In addition to the frequency of bush planting There is a concept of "trimming the brush field and bushes." New toothbrush models have a power protrusion for better cleaning molars and deep penetration into interdental spaces, as well as active recess that allows you to clean all surfaces of the teeth. [6, 9, 10, 11]

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