MUST HAVE PERIO KIT

A 'Must Have' Periodontics Kit for every General Dentist

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DENTAL-PERIODONTAL EDUCATION

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The most current and innovative periodontal instruments reviewed and evaluated so you know exactly what you need and which designs are superior in quality, effectiveness, adaptation, strength and ergonomics.

This guide is produced independently and each instrument has been critically evaluated by an expert reviewer using evidence based research and clinical application.

The '**must have'** kit for every dentist:

Here is the ultimate 'must have' kit for every clinician intent on treating periodontal patients effectively and efficiently. In researching the best periodontal instruments currently available in the United States & Europe, 65 hand instruments including scalers, curets, files, hoes were evaluated for access, adaption, ergonomics and strength on a periodontal typodont.

The effectiveness, power, adaption, of 5 powered devices and available insert & tips for each have also been evaluated, tried, tested and this selection is considered the top 8 must haves to do the very best periodontal treatment for your patients.

Scaling, Root Planing & Debridement Instruments:

1. **PDT Montana Jack Sickle Scaler** : Universal Sickle, 2 cutting edges that can be adapted for use throughout the entire dentition. Superior Sickle for use in the mandibular anterior region for removal of light to moderate calculus deposits. The rigid thin curved blade improves access to tight inter-proximal areas where there has been little or no loss of attachment and the papillae are present. The tip is fine enough to connect underneath supra-gingival deposits and remove in the bulk of the deposit with one well positioned vertical stroke. This instrument also has a rigid functional shank for added instrument strength and durability. Made by PDT

2. **Hartzell Gracey Curvette Sub-0** : Universal micro curette that has a longer, straighter shank than many of the available options for anteriors, and this feature maximizes access into deep pockets on the palatal and lingual aspects of anterior teeth. The curvature of the face of the Curvette Sub-0 allows for adaption on deep anterior pockets and especially on the palatal aspect of maxillary teeth where tissue is tight and access is restricted and roots surface area is narrow. Made by Hartzell

3. **American Eagle Deep pocket Gracey 15/16** : Site-Specific Curet with one specially designed cutting edge for superior adaption of mesial surfaces of molars and mesial surfaces of distal roots in furcation areas. This range of Graceys has an extended terminal shank that is 3mm longer than standard designs and the working end is 50% smaller, thus maximizing accessibility into deep narrow posterior sites and complex furcation areas. Access of deep narrow periodontal pockets improved by a 3mm extended terminal shank and a miniature blade improves adaption. The 15/16 Gracey is a modified version of the better known 11/12 that has a sharper bend that makes it easier to maintain correct angulation throughout the stroke. These instruments are made using XP technology and are therefore sharper and stronger, to remove calculus effectively and ergonomically. Made by American Eagle

4. **American Eagle Deep pocket Gracey 13/14** : Site-Specific Curet with one specially designed cutting edge for superior adaption of distal surfaces of molars and distal surfaces of mesial roots in furcation areas. This range of

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5. **HuFriedy Quentin Furcation Curet SQBL1**: Designed to reach the narrow area between the root surfaces of furcation areas, with particular emphasis on reaching and adapting to the roof of the furcation. It is unique in design and it is the convex hoe-like blades that maximize adaption to narrow furcation roof surfaces that other instruments cannot reach.

6. **HuFriedy ODU 11/12 Explorer** : Best instrument for calculus detection and tactile transfer, exploration of root surfaces because it has a long, complex, fine working end that has superior adaption to the anatomy of root surfaces and furcation areas. The handle is of a wide diameter to reduce risk of carpel tunnel and encourage a light grasp and is lightweight and ergonomically designed. The 11/12 explorer is used by any clinician who wants to become proficient at calculus detection and removal. The use of the explorer is taught in many dental hygiene programs and the ability to detect calculus is a skill that is absolutely essential for assessment and evaluation during calculus removal procedures. The explorer has a thin, tapered wire like working end with an extended complex, curved shank based on the design of

a Gracey Curet that will specifically adapt to narrow curved root surfaces. This instrument is specifically designed to adapt to the curvature of root surfaces and morphology to permit access and tactile feedback in narrow, deep, posterior sites. The working end is thin and flexible, and will vibrate or 'quiver' on contact with deposits. Sometimes a 'click' can be heard when the instrument passes over a mineralized deposit. This instrument should be held in a relaxed, light grasp, and the the leading 2mm of the tip adapted to root surfaces and ensuring the terminal portion of the shank is parallel to the long axis of the tooth to maximize adaption of the tip.

Best Implant Instrument

7. **Wingrove Titanium Implant Curet:** Made by PDT (Paradise Dental Technologies) Soft titanium blades available in 3 designs, the Barnhart 5-6, Langer 3-4 and the Nebraska 128-Langer 5 mini. Titanium tips mean that implant abutments are not scratched during calculus removal. Superior adaption due to small working ends that are specifically designed to fit around the diameter and adapt to the circular shape of a dental implant fixture. These instruments also feature a longer complex shank to improve access and are rigid enough to remove calculus deposits without bending. The handle is made from a resin material, with superior grip and control, and a wide diameter for comfort and ergonomics.

Powered Periodontal Equipment

Assuming that many of you will already have an ultrasonic device in your practice, here are some recommendations to ensure that you are using the best design insert or tip design for your device. Inserts are for a magnetostrictive devices. Piezoelectric devices require tips. For either of these devices, the best tip/insert design is one that has bevelled edges as this will maximize calculus removal.

Using tips that are bevelled increase calculus removal because they have angled edges that will engage with the edge of a calculus deposit and fracture it. Round tips tend to bounce off mineralized deposits and may also burnish calculus onto the root surfaces. All tips/inserts should be held at a 15 degree angle and used on medium-high power to remove calculus. Only devices and tips that are recommended in this report can be used on a higher power without risk of tip fracture.

To remove calculus, position the tip coronally to the deposit and use a tapping motion to fracture the deposit. The most important thing to remember when using any powered periodontal instrument is that it needs to be replaced regularly. Wear replacement guides should be used to access wear and determine when replacement is indicated. Studies has proven that 1mm of tip wear reduces effectiveness of the tip by 25%, and 2mm of wear results in 50% reduction in effectiveness. Infrequent replacement of powered tips result in poor adaption, increased tendency to apply lateral pressure, reduced ergonomics, increased treatment time and risk of damage to root surfaces.

Piezoelectric Ultrasonic Scalers

Mini Piezon Piezoelectric Ultrasonic Device : Made by EMS Electro-Medical Systems

Use with a long fine tapered PS tip for EMS Piezon: Made by EMS, Switzerland: The leading Ultrasonic in Europe. Features are a linear tip movement, no heat generated, less water required, fine beveled tip designs that can be used on a high power. Handpiece is easy to handle and is ergonomically designed. Ease of movement and handling. Good tactile transfer can be achieved due to the fineness of the tips. Using an extra-oral fulcrum will permit better access into deeper, posterior sites. The use of High volume evacuator is recommended to minimize aerosol generated. A hands-free HVE device is recommended for clinicians working without assistance.

or

Magnetostrictive Ultrasonic Scalers

Swerv3 Magnetostrictive Ultrasonic Device : Made by Hu Friedy'New' Swivel XT insert from Hu Friedy : Ultra-thin tip that can be turned up to medium or high power for better sub gingival calculus removal. Easy adaption and access for periodontal pockets. The Hu Friedy Triple Bend 1000 is a beveled tip for heavy calculus deposits and is the best tip available.

For more information about Periodontal Instruments and Periodontology related courses, online training videos and more, please visit:

Clairemccarthy.co

To watch the FREE online training video on BPE Basic Periodontal Examination you can visit :

http://clairemccarthy.co/bpevideo01

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