



# Ultimate Kit

## 'Must Have' Periodontal Instruments

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June 2020

## Here is the ultimate 'must have' kit

**These are the instruments that I currently use and recommend for every clinician intent on treating periodontal and implant patients effectively and efficiently.**

This document is created as a guide to help clinicians decide what instruments they might use as they return to hand instrumentation post covid19. It includes a list of some of my favorite instruments, detailed descriptions of each and reduced kit options for a variety of skillsets and experience.

***“Essentials” Keeping in mind the limitations and restrictions – post Covid-19***

I deliberated over each item and have chosen the absolute minimum for each procedure you might undertake. I hope these reduced kit options will help you decide what is essential during the return to hand instrumentation.

During this time, with restrictions and limitations of aerosol generating procedures, we will rely on the use of hand instrumentation to treat and manage periodontal and peri-implant diseases. It is important that we are using instruments that are designed for the procedure we are undertaking.

Here is my current choice of hand-activated periodontal instruments that I have reviewed and evaluated so you know exactly what I am currently using and designs that I consider superior in effectiveness, adaptation, strength and ergonomics.

***This guide is produced independently, and each instrument has been critically evaluated using evidence-based research, clinical application and expertise.***

I hope you find this guide useful.

And remember the tagline.....

**'Run at the first sign of dullness!'**

**Claire**

## Discount Codes & Product Queries

*Thank you to all the companies who kindly agreed to offer these generous discounts to us dental professionals, in these challenging times.*

My affiliations with universities as faculty and my relationships with manufacturers from all over the world, has provided the opportunity to negotiate discounts on all items listed on your behalf.

Please note that each instrument/kit has a unique discount code and a direct contact to make further enquiries. I have provided the contact details of each person responsible for each item. The codes are unique to each item so please ensure you are referencing the correct one.

*And please, accept that I am in no way responsible for anything other than providing my recommendations and ensuring you get a discount on whatever instruments you choose.*

I have provided contact details for each item, to make it easier for you, however, anything to do with orders or sales is entirely between the clinician and the company / distributor / contact person listed in this document.

## Hand Instrumentation Courses:

### Learn More about Periodontal & Implant Instrumentation

For more information and details of my online resources, my online Training and Hands on Courses in all aspects of periodontal and implant instrumentation, please visit:

[clairemccarthy.co](http://clairemccarthy.co)

and to register to my upcoming **Online Hand Instrumentation Course**, please visit:

[clairemccarthy.co/online-hand-instrumentation](http://clairemccarthy.co/online-hand-instrumentation)

## Ultimate Kit: Instrument List

<b>Procedure / Task</b>	<b>Brand / Instrument Name</b>
<b>Diagnostics:</b> Calculus Detection	<b>HuFriedy</b> ODU 11/12 Explorer <b>Deppeler</b> DH3 (ODU 11/12 Explorer)
<b>Universal Scaler:</b> Supragingival Debridement	<b>American Eagle</b> M23T Contra-angle Sickle Scaler
<b>Universal Curettes:</b> Subgingival Debridement	<p><b>Option A: without graduation marking</b></p> <p><b>Deppeler</b> Smart Scaling DS1CN: Anterior/Buccal/Lingual surfaces</p> <p><b>Deppeler</b> Smart Scaling DS2CN: Mesial/Distal Surfaces</p> <p><b>Option B: with graduation marking</b></p> <p><b>Deppeler</b> Smart Scaling DSS1CN: Anterior/Buccal/Lingual surfaces</p> <p><b>Deppeler</b> Smart Scaling DSS2CN: Mesial/Distal surfaces</p>
<b>Area-specific Curettes:</b> Root Surface Debridement	<p><b>American Eagle</b> Gracey 1-2: Anterior all surfaces</p> <p><b>American Eagle</b> Gracey 9-10: Buccal &amp; Lingual surfaces</p> <p><b>American Eagle</b> Gracey 11-12: Mesial surfaces</p> <p><b>American Eagle</b> Gracey 13/14: Distal surfaces</p>
<b>Reduced Implant Kit:</b> Supportive Implant Therapy	<p><b>Deppeler</b> Titanium Smart Scaling: Anterior/Buccal/Lingual sites</p> <p><b>Deppeler</b>T itanium Smart Scaling: Mesial/Distal sites</p> <p><b>Deppeler</b> Peek Periodontal Probe PP12</p>
<b>Sharpening Kit:</b> Stone	<p><b>HuFriedy</b> Arkansas Stone Sharpening Kit</p> <p><b>HuFriedy</b> Ceramic Stone Sharpening Kit</p>

## DIAGNOSTIC INSTRUMENTS

### Calculus Detection & Root Exploration

***If you cannot locate the calculus, you cannot remove it! Simple!***

This instrument will increase your tactile transfer skills and ability to detect fine mineralised deposits. The old Dominion University (ODU) 11/12 is considered the 'Gold Standard' instrument for calculus detection & tactile transfer, exploration of root surfaces because it has a long, complex, fine working end that has superior adaptation to the anatomy of root surfaces and furcation areas.

The 11/12 explorer is used by any clinician who wants to become proficient at calculus detection and removal. It has a thin, tapered wire-like working end with an extended complex, curved shank based on the design of a 13/14 area-specific curette.

The instrument is specifically designed to adapt to the curvature of root surfaces, morphology of furcation areas and complex root anatomy. This fine detail will permit access and tactile feedback in narrow, deep, posterior sites. As the working end is super thin and flexible, it vibrates or 'quivers' on contact with deposits.

This instrument is made by most instrument manufacturers, here are my top choices:

#### ODU 11/12 Explorer:

##### HuFriedy EXD11/12A6

Queries & Orders must be made direct to **Chris Mason**

Tel: +44 (0) 7703 186 474 - Email: [cmason@hu-friedy.com](mailto:cmason@hu-friedy.com)

%30 Discount Code = ComebackTour2020

##### Deppeler DH3

Queries & Orders direct to **Georgia/ Roxane**

Tel: +44 (0)1943 60 50 50 - Email: [sales@optident.co.uk](mailto:sales@optident.co.uk)

%20 Discount Code = CLAIRE20

# Supragingival Debridement Instrument

## Sickle Scaler:

### American Eagle XP M23 Pro Thin Scaler AESM23TXPX

This is a Universal Sickle with a long, thin, tapered working end, with 2 cutting edges and a complex functional shank that permits instrument adaption and use throughout the entire dentition. An efficient and effective choice of sickle scaler that is suitable for all sites, anterior & posterior, and fits into very tight interproximal sites replacing the need for a selection of scalers.

This sickle scaler is a versatile choice for supragingival debridement and is particularly well designed for use in the mandibular anterior region for removal of light to moderate calculus deposits, aka 'The Great Wall of Calculus'.

The rigid thin curved blade also 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 the bulk of the deposit with one well positioned vertical stroke. This instrument also has a complex & rigid functional shank for added instrument strength and durability. The angulation and direction of the bend on the function shank permits increased leverage during the working stroke.

This instrument cannot be sharpened and must be replaced when the blade is dull. As with all extra sharp instruments, less lateral force is required to remove deposits. Dull instruments increase the risk of burnishing calculus deposits, the risk of soft & hard tissue trauma and operator injury and fatigue.

Queries & Orders must be made direct to: **Jaeson Duckworth**

Tel: +44 (0) 07590033844 - Email: [jduckworth@younginnovations.com](mailto:jduckworth@younginnovations.com)

**%20 Discount code = ORANGECAKE**

# Universal Curette Instrument/s

I have chosen a set of two universal curettes that complete a full set to instrument the entire dentition and adapt to all surfaces. Universal curettes have two cutting edges to increase versatility and efficiency, whilst enabling full mouth instrumentation with a minimalistic set of just two items. These curettes have been designed to incorporate the micro features of an area-specific instrument, without the need for such a large set of instruments.

Universal instruments are easier to use as they have two identical cutting edges, thus faster and less complex to position the working end. This set of instruments have an adjusted functional and terminal shank to increase adaptation and effectiveness. These instruments are ideal for supportive periodontal therapy (maintenance phase) and non-surgical periodontal therapy (treatment phase) in patients with probing depths less than 6mm. They are available in a modified version with millimeter markings on the terminal shank to denote the position and depth of instrument during debridement.

## Reduced 'Universal Curette Kit' Option A

*Without graduation marking*

### Deppeler Smart Scaling Universal Anterior/Buccal Curette DS1CN

Adapts to all anterior sites (long straight shank), the opposite end adapts to all buccal & palatal sites (acute angle shank). Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. One end adapts to all anterior sites and has a long straight terminal shank, the opposite end has an acute angle on the functional shank to increase access to buccal, lingual and palatal surfaces

### Deppeler Smart Scaling Universal Mesial/Distal Curette DS2CN

Universal with a complex shank, two cutting edges for adaptation to mesial & distal aspects of posterior teeth. Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. Both ends have a complex shank, two cutting edges to adapt to mesial & distal aspects.

## Reduced 'Universal Curette Kit' Option B

*With graduation marking*

### **Deppeler Smart Scaling Universal Anterior/Buccal Curette DS(S)1CN**

Universal curette designed for access of anterior sites, and the opposite end for buccal, lingual & palatal sites. Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. One end adapts to all anterior sites and has a long straight terminal shank, the opposite end has an acute angle on the functional shank to increase access to buccal, lingual and palatal surfaces. This instrument has black bands on the terminal shank to indicate 3-6-9-12 millimeters.

### **Deppeler Smart Scaling Universal Mesial/Distal Curette DS(S)2CN**

Universal with a complex shank, two cutting edges for adaption to mesial & distal aspects of posterior teeth. Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. Both ends have a complex shank, two cutting edges to adapt to mesial & distal aspects. This instrument has black bands on the terminal shank to indicate 3-6-9-12 millimeters.

Queries & Orders direct to **Georgia/ Roxane**

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**%20 Discount Code = CLAIRE20**

## Root Surface Debridement 'Reduced RSD Kit'

### **American Eagle XP Gracey Access 1-2 AEGA1-2XPX**

Site-Specific Curette with one specially designed cutting edge for superior adaption of all surfaces of anterior teeth, especially narrow palatal sites of central & lateral incisors. This instrument has a long straight simple functional shank, with a 3mm longer terminal shank and 50% smaller working end.

### **American Eagle XP Gracey 9-10 STANDARD AG9-10XPX**

Site Specific Curette with one cutting edge designed for the larger surface area and the shape of the buccal, lingual & palatal surface of molars. This instrument has a sharp angle to the functional shank to improve access, adaption & angulation.

### **American Eagle XP Gracey 11-12 Access AEGA11-12XPX**

Site-Specific Curette 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 Gracey's 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. These instruments cannot be sharpened.

### **American Eagle XP Gracey 13-14 Access AEGA13-14XPX**

Site-Specific Curette 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 Gracey's 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.

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## Reduced Implant Kit

### Deppeler Titanium Smart Scaling Anterior/Buccal/Palatal: TiS1CN

Made of solid medical grade Titanium. Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. One end adapts to all anterior sites (long straight shank), the opposite end adapts to all buccal & palatal sites (acute angle shank)

### Deppeler Titanium Smart Scaling Mesial & Distal: TiS2CN

Made of solid medical grade Titanium. Instrument is lightweight, can be sharpened, has a small working end to enable access with tight soft tissue. Handle is comfortable, colour coded & ergonomic contour. Both ends have a complex shank, two cutting edges to adapt to mesial & distal aspects of implants.

### Deppeler Implant Periodontal Probe (PP12)

#### Graduation Markings 3-6-9-12

Made of PEEK, a thermo Plastic polymer, Poly Ether Ether Keton. Flexible, thin robust working end, ergonomic designed geometric carbon fibre handle, super lightweight and easy to adapt. Safe to use on Titanium.

Queries & Orders direct to **Georgia or Roxane**

Tel: +44 (0)1943 60 50 50 - Email: [sales@optident.co.uk](mailto:sales@optident.co.uk)

**%20 Discount Code = CLAIRE20**

## Sharpening Devices

### **HuFriedy** Arkansas Stone Sharpening kit (SSKITA)

This complete sharpening kit comprises of a flat Arkansas stone, a conical Arkansas stone, sharpening oil, test sticks and a magnifying lens.

### **HuFriedy** Ceramic Stone Sharpening Kit (SSKITC)

This complete sharpening kit comprises of a flat ceramic stone, a conical ceramic stone, sharpening oil, test sticks and a magnifying lens.

Queries must be made direct to: **Chris Mason**

Tel: +44 (0) 7703 186 474 - Email: [cmason@hu-friedy.com](mailto:cmason@hu-friedy.com)

%30 Discount Code = **ComebackTour2020**

You can also download HuFriedy Sharpening Guide Workbook from my website:

[clairemccarthy.co/sharpguide](http://clairemccarthy.co/sharpguide)