

Background: The perfect individual oral hygiene is essential part of the therapy of periodontal disease. The patients' oral hygiene highly influences the long-term success. We focused to find the perfect method of individual prophylaxis how to instruct our patients on an absolutely effective and acceptable way.

Aim of the study: To examine the effectiveness and the acceptability of the iTOP method.

Material and Methods: 500 standardized questionnaires were filled out in advance, in order to get a general overview of the patients' daily practice of oral hygiene method. In the clinical study 24 patients with untreated periodontitis were enrolled. They had the same oral daily routine. After measuring the plaque score (FMPS) and the interdental bleeding index (IDBI) professional oral hygienic training was installed. ITOP method states that the chosen technique and devices should comply with 3 criterias: to be acceptable, atraumatic and effective in the same time. Its unique way of instructing is called "touch to teach" which means that the dental professionals manually shows and trains (as a guiding hand) the patient how to acquire the appropriate technique in their mouth. According to iTOP's protocol an chair-side instruction was carried out with modified Bass method combined with soft toothbrush and individually calibrated interdental-brushes. Subjects were followed up and indexes were recorded on months 1, 3, and 12. At the end we gave an other questionnaire to have this patients subjects these feedback of this new instructing method.

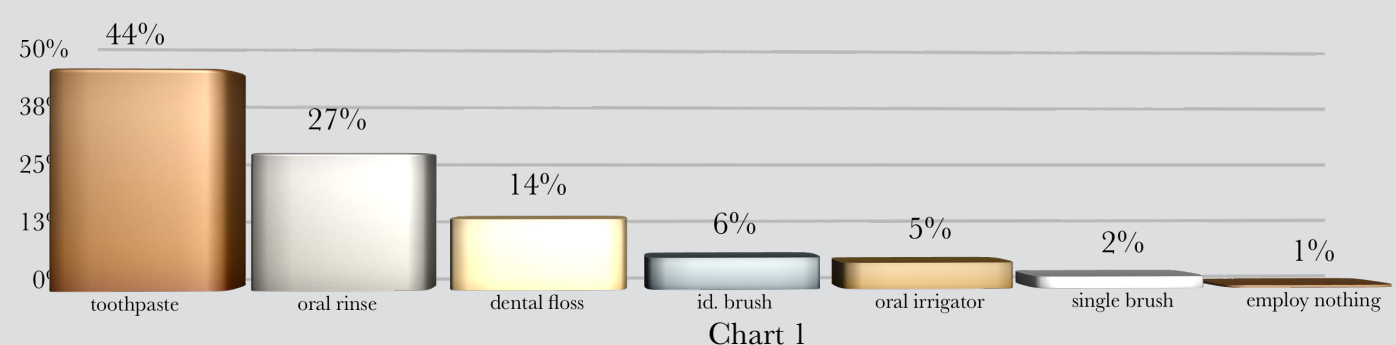


Results: Based on the first questionnaires 66 % our subjects, brush their teeth twice a day approximately for two minutes with medium toothbrush with variable techniques. Most of them (87,2 %) experienced gum bleeding after toothbrushing. Only 20 % of them use interdental cleaning devices regularly (Chart 1).

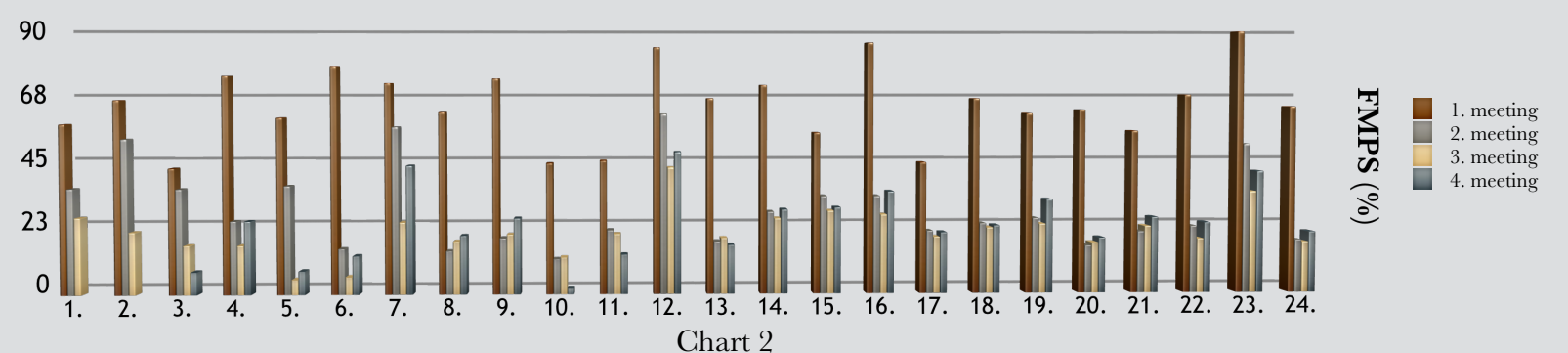
According to the clinical results the mean baseline FMPS decreased from 64,65% to 29,19% at month 1 and 21,12% at month 3. The final one year result showed 23,85% plaque scores (Chart 2). The baseline IDBI decreased from 78,12% to 24,34% at month 1 and to 8,5% at month 3. The final mean bleeding index increased to 13,26% (Chart 3).

The final questionnaires shows to the method was completely new to the participants (Chart 4) and was worth the extra time (Chart 5). All of the patients of the research were satisfied with their results (Chart 6). The patients find this method easily acceptable (Chart 7). In their opinion is technique was utterly new and unique in comparison with the previously used method.

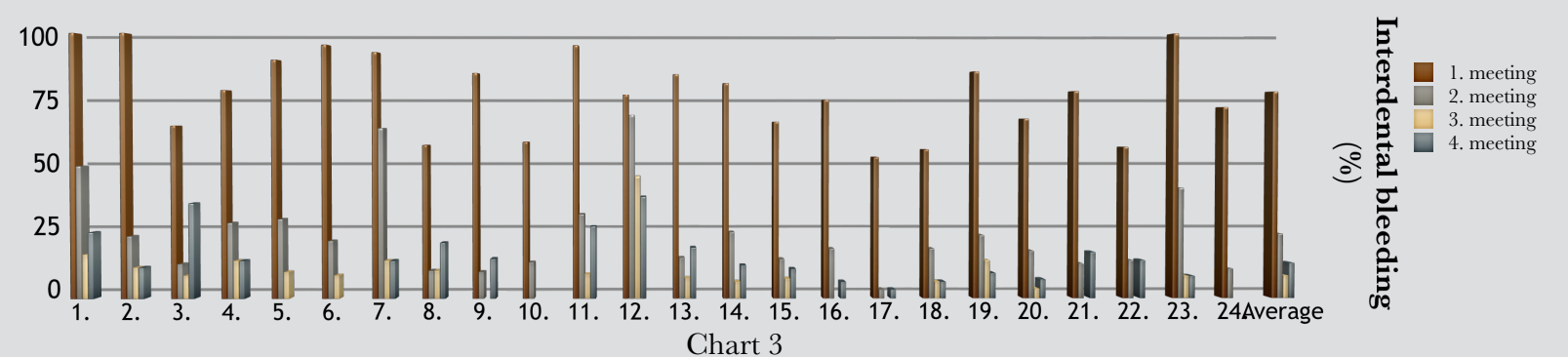
What kind of oral hygiene tools do you use?



Plaque index



Interdental bleeding index



Do you find the extra time worthwhile in order to enhance dental hygiene?

Is this technique difference than yours?



Chart 4

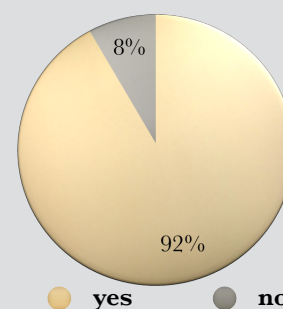


Chart 5

Do you find said things profitable?



Chart 6

Do you find this method easily acceptable?

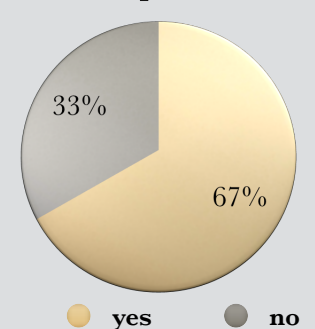


Chart 7

Conclusion: According to the result with the iTOP method patients' can be instructed much more efficiently. This clinical examination can be stated how significant change can be reached in the crucial group of patients such as the periodontal cases. A more frequent recall is needed to maintain the perfect. oral health. iTOP method was really effective and patients friendly.

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Jifi Sedelmayer

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