Selective Polishing

Air Polishing
Stain Removal
MECHANICAL POLISHING

- Patient expectations/Esthetics
- Tradition
- Cosmetic only
- Minimal therapeutic benefits of polishing for periodontal health
- Selective Polishing
SELECTIVE POLISHING

• “Polishing teeth on an as-needed basis when stain is present that is not removed during instrumentation”.
• Essentials of Dental Hygiene, 2005
• ADHA position on selective polishing.
Contraindications to Polishing

- Xerostomia
- Demineralized areas or caries
- Exposed root surfaces, tooth sensitivity
- Severe gingivitis
- Restored areas
- Systemic contraindications
ADVERSE EFFECTS OF POLISHING

• Tooth surface abrasion (xerostomia patients and decalcified areas)
• Damage to restorations- gold, composites
• Aerosol production - use of the Ultrasonic?
• Heat production (primary teeth)
• Gingival tissue trauma
Prophylaxis Handpieces

- Slow - speed handpieces
- Metal prophylaxis angles
- Disposable angles and polishing cups
- Battery operated handpieces
- 15-20 rpm
Prophylaxis Angles

- Single application/use
- Non-latex available
- Disposable
- Brushes and cups
- Coordinate with slow-speed handpiece
Prophylaxis Brushes

A

B
Polishing Sequences
Adaptation and Activation

A Incorrect

B Correct

Facial surface of anterior tooth

C Incorrect

D Correct

Lingual surface of anterior tooth
Interproximal Adaptation
Occlusal Adaptation
Prophy Paste

• Selective polish only
• Fine, medium and coarse grits
• Toothpaste
• Light pressure
• Fluoride
• ACP
Prophy Pastes

• Nupro prophy paste
• Fine - light, gold, tan
• Medium - green, blue
• Coarse - red

• Glitz prophy paste - better stain removal and less splatter. Pleasant flavors.

• EnamelPro - with ACP
• Diamond polishing paste
SHIMMER POLISHING PASTE

• NUPRO Shimmer Polishing Paste is designed for polishing dental restorations.

• Contains aluminum oxide, glycerin, sodium saacharin, water, sodium silicate, flavoring, and 1.23% sodium fluoride ion.

• Available at 8N or 9N Dispensing.
Polishing Technique

- Prophy paste on cup should polish 2-3 teeth.
- Keep prophy cup constantly moving
- 2-3 second contact with each tooth
- Use stable fulcrum
- Light pressure
- 15-20 rpm controlled with rheostat
- Floss after polishing
- Rinse frequently for patient comfort
AirPolishing
Air Polishing

- Sodium bicarbonate powder, air and water polishing agent
- Stain removal
- Plaque removal
- Soft deposit removal
- Effective and efficient
Air Polishing Precautions

- Avoid air polishing on gold and porcelain restorations, implants, and composites.
- May irritate inflamed gingiva.
- Use with caution on dentin and cementum.
Air Polishing Precautions

- Aerosol Production - high volume evacuation
- Patient and operator infection control protocols
- Pre-Procedural rinse
- Patient health considerations - hypertension, low sodium diets, respiratory conditions, renal disease, long term steroid or diuretic use, and infectious diseases (HIV, HEP B, HEP C)
Air Polishing Technique

- Apply spray to teeth for 1-2 seconds
- Direct to middle third of tooth
- 3-4 mm distance
- Spray, rinse
- HVE
Air Polishing Angulation
Air Polishing Angulation

Position
3 to 4 mm off the tooth