What is ITOP?

Individually Trained Oral Prophylaxis

Since 2006, over 20,000 professionals in more than 60 countries around the world have attended ITOP seminars

Futun Alkhalifah, BSDH, MS
What is more important in achieving effective oral care, "technique" or "tool quality"?
“brushing technique” or “brush quality”?
How to individually evaluate oral care tools and techniques?

Curaprox-System

Acceptable

Effective

Non-traumatic

Swiss Quality Dentistry
Touch to Teach

You cannot learn effective brushing techniques from a book.
You cannot verbally teach effective brushing techniques.
Touch to Teach is the most effective method of correcting, improving, and guiding patients’ oral hygiene techniques and selecting effective tools.
Remember, the patient is the decision maker and key to sustainable behavior change

- **Stage 1**: Unaware of Issue
- **Stage 2**: Unengaged by Issue
- **Stage 3**: Undecided about acting
- **Stage 4**: Decided not to act
- **Stage 5**: Decided to act
- **Stage 6**: Acting
- **Stage 7**: Maintenance
Toothbrush & Brushing Technique
Toothbrush Criteria

- CUREN® filaments
- Octagonal handle
- Bendable head
Innovative Technology

Acceptable, effective, non-traumatic?

• Extra small, drop-shaped head
• Rubberized back
• 35% more movements than any Sonic toothbrush
Why do regular brushers still have plaque biofilm?

40–50% of plaque remains after a brushing

Bass Technique vs. Solo Technique

Only on hard tissues with bristles in the sulcus
Interdental Brushing
What makes the interdental brush the right tool?
The right size & right technique
Curaprox Interdental Brushes Chairside
1. Relax your neck and jaw
2. Loosen your grip on the toothbrush
3. Breathe deeply through your nose.
4. Feel the bristles moving over your teeth and the gums
5. Breathe deeply through your nose.
6. Feel with your tongue your clean teeth.
7. Re-brush any rough area
8. Feel gratitude for your teeth and keep smiling
Solo and interdental brushing are excellent for mindful brushing.
“Lifelong teeth preservation without unnecessary damages is realistic under supervision of a highly qualified specialist who knows and is able to exercise effective and non traumatic techniques and devices”
Are you interested in attending the next ITOP?

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