



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

curaden

 better health for you

CURAPROX

 SWISS PREMIUM ORAL CARE

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ITOP Cleveland, Ohio

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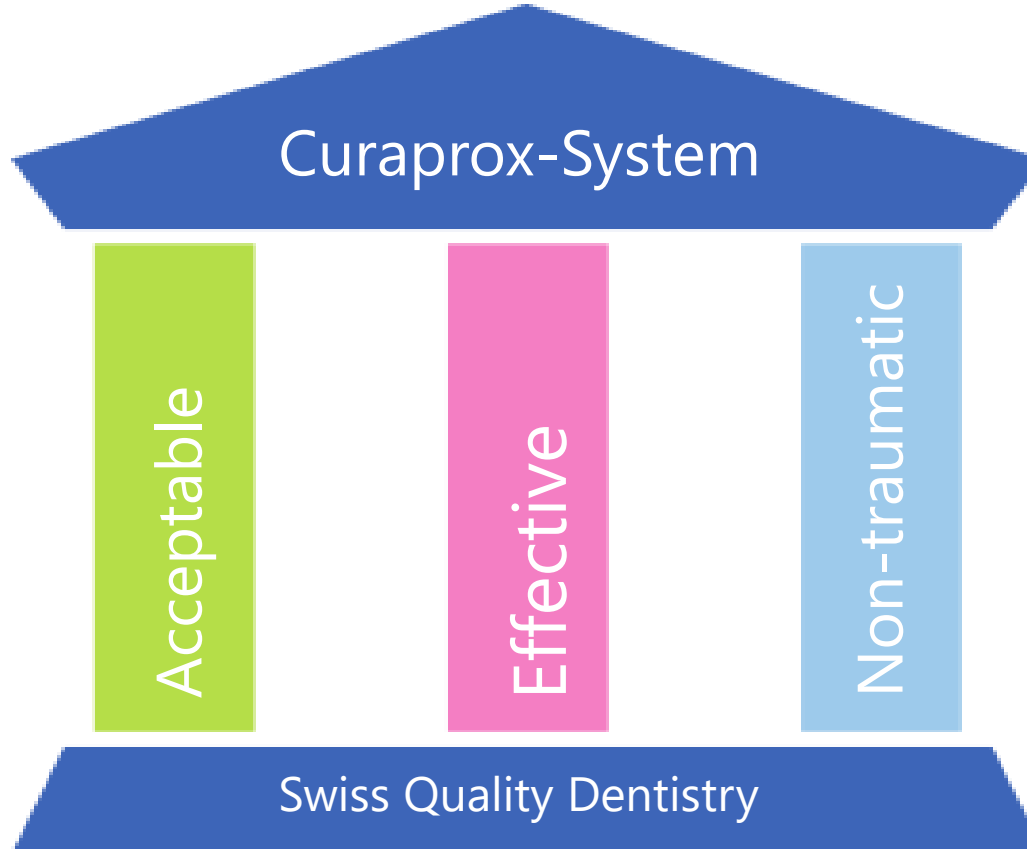
What is more important in
achieving effective oral care,
“technique” or “tool quality”?



“brushing technique” or “brush quality”?



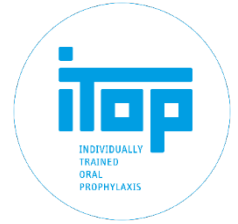
How to individually evaluate oral care tools and techniques?



Touch to Teach

You cannot learn effective brushing techniques from a book

You cannot verbally teach effective brushing techniques

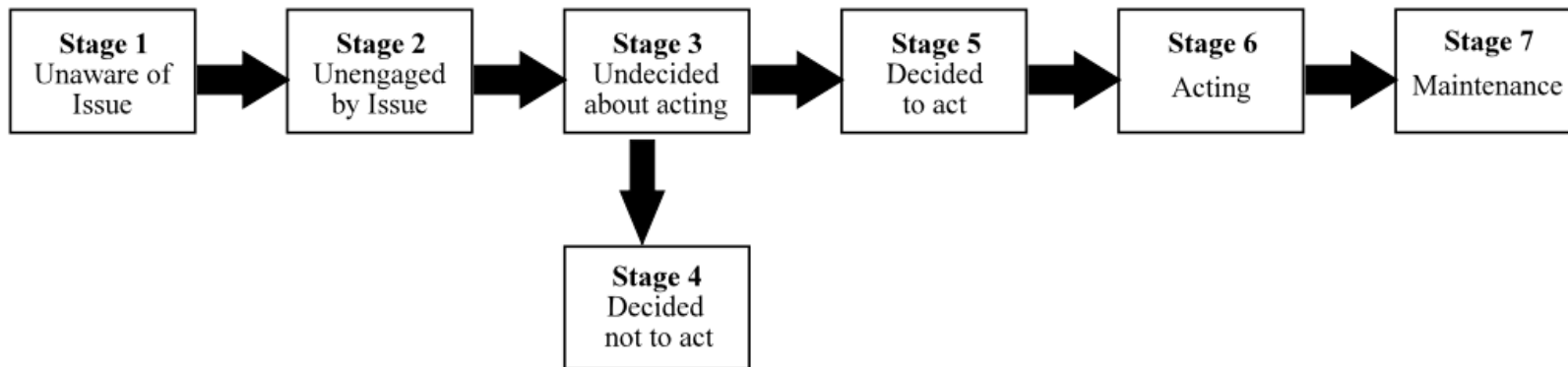


Touch to Teach is the most effective method of correcting, improving, and guiding patients' oral hygiene techniques and selecting effective tools.





Remember, the patient is the decision maker and key to sustainable behavior change





Toothbrush & Brushing Technique



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1



2



3

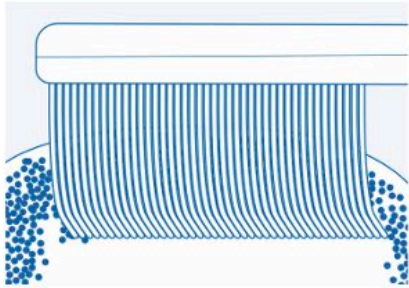


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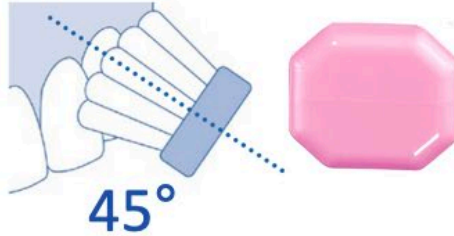


Toothbrush Criteria

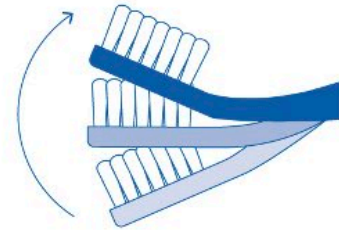
CUREN[®] filaments

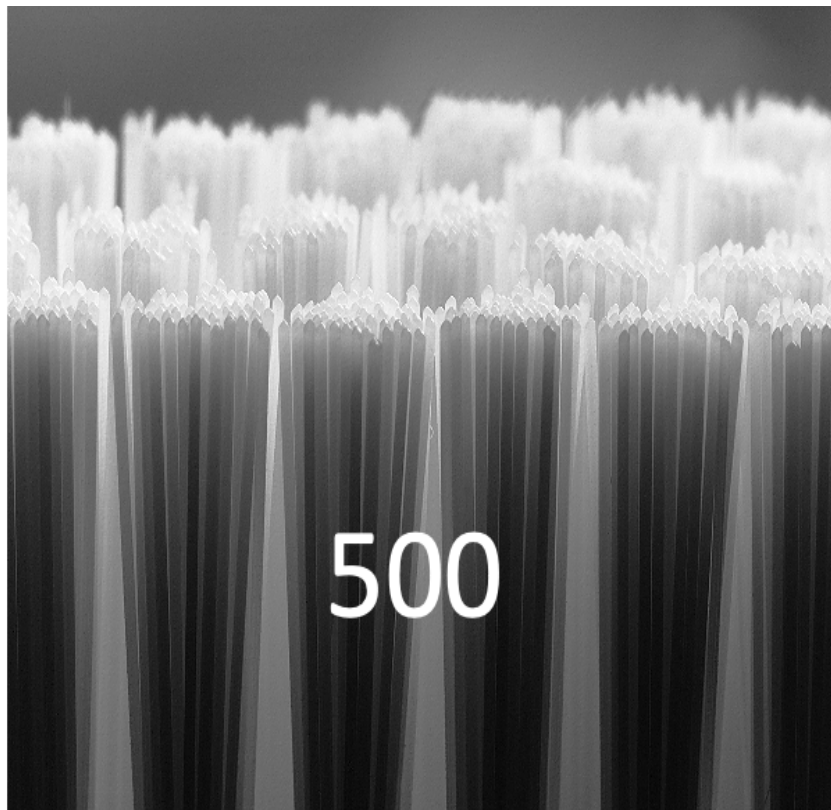


Octagonal handle

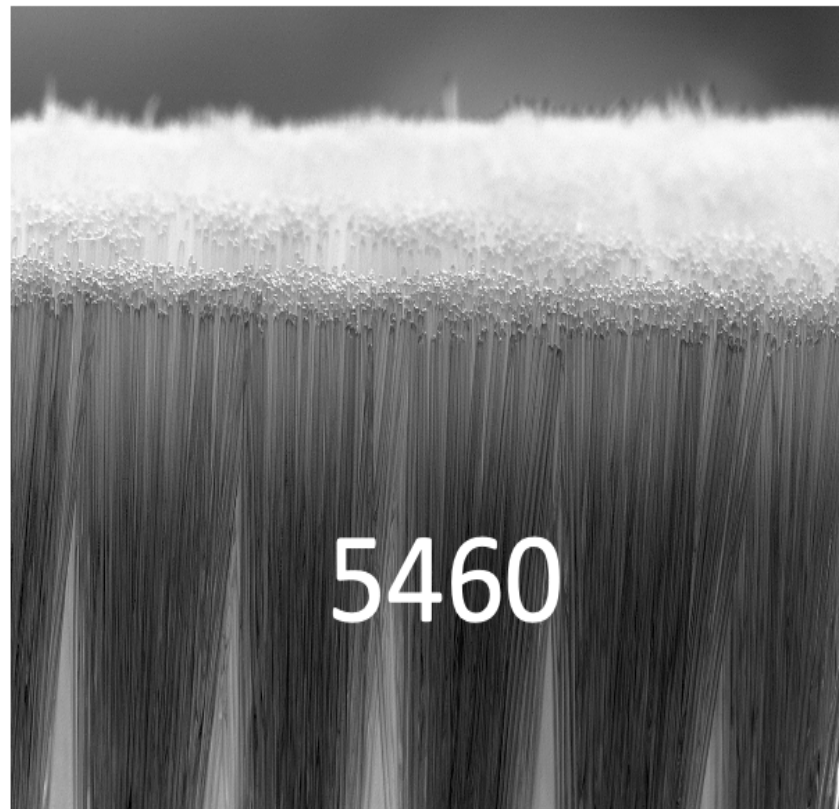


Bendable head





Conventional toothbrush

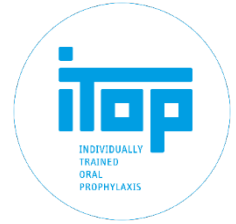


5460 ultra soft

Innovative Technology

Acceptable, effective, non-traumatic?

- Extra small, drop-shaped head
- Rubberized back
- 35% more movements than any Sonic toothbrush



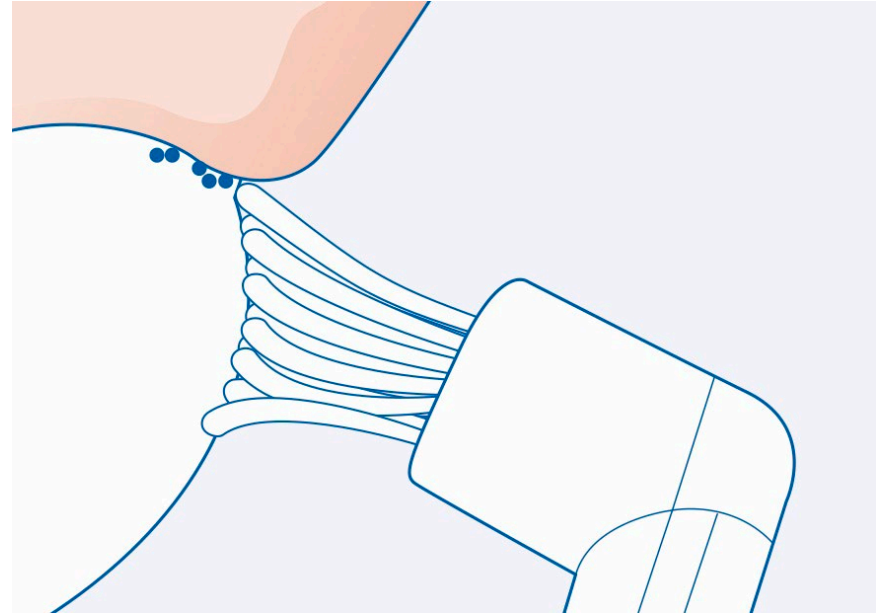
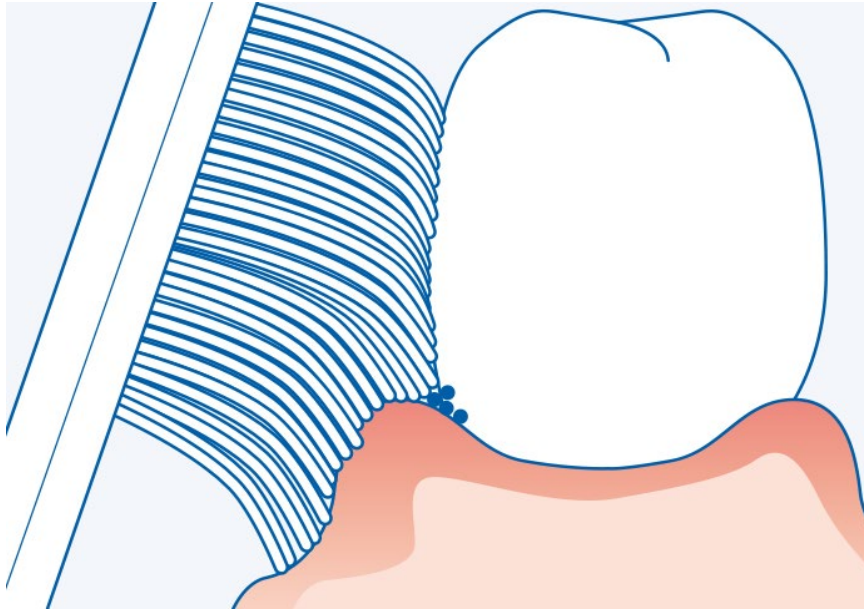
Why do regular brushers still have plaque biofilm?



40–50% of plaque remains after a brushing



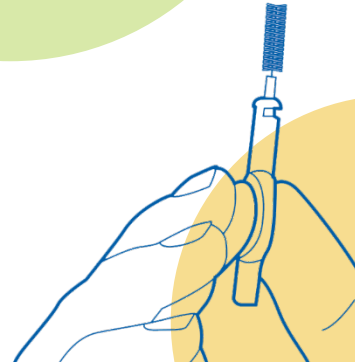
Bass Technique vs. Solo Technique



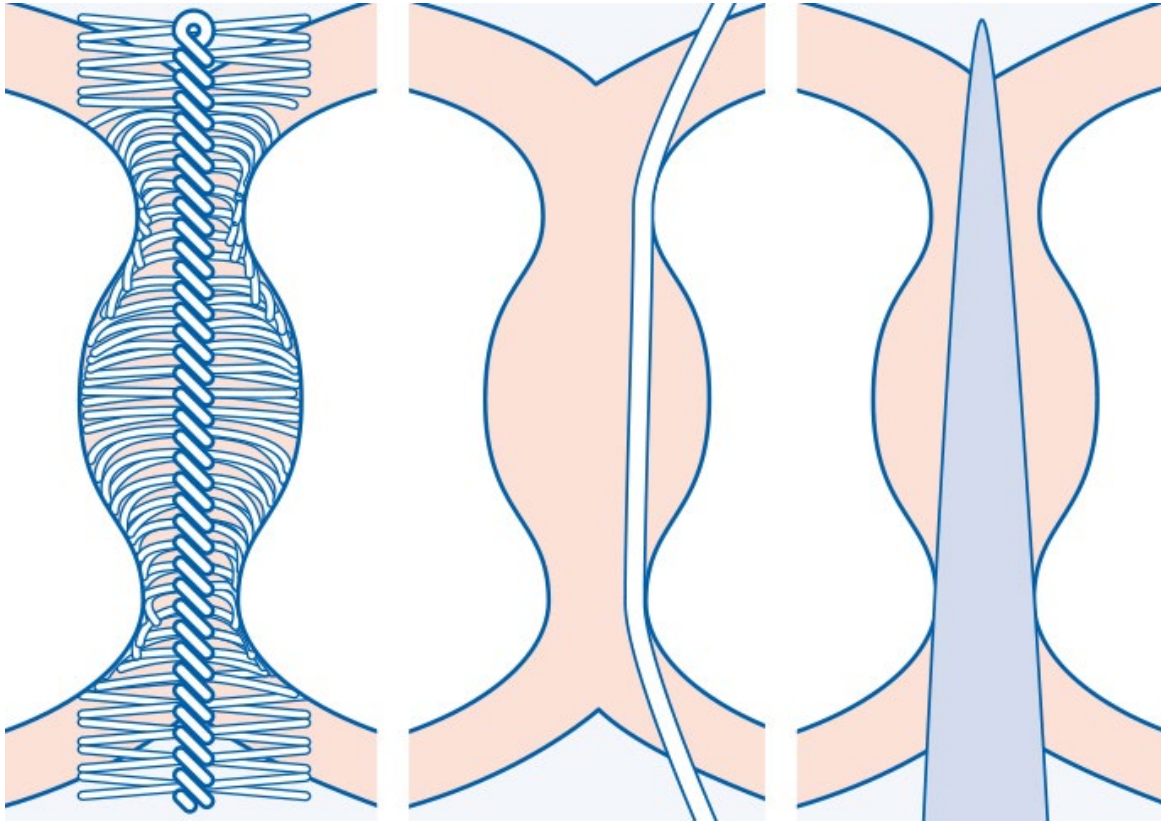
Only on hard tissues with bristles in the sulcus



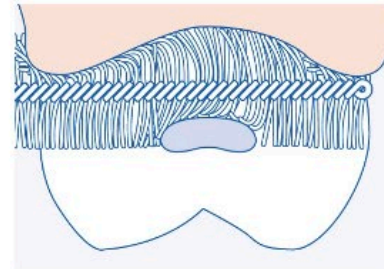
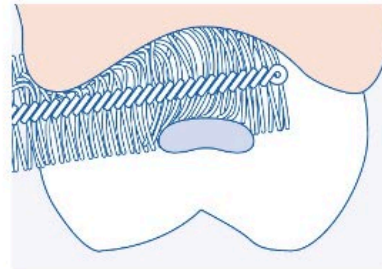
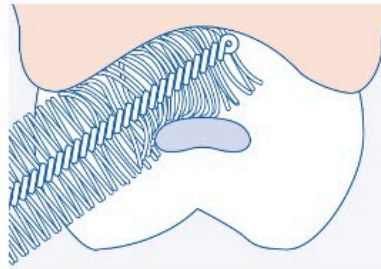
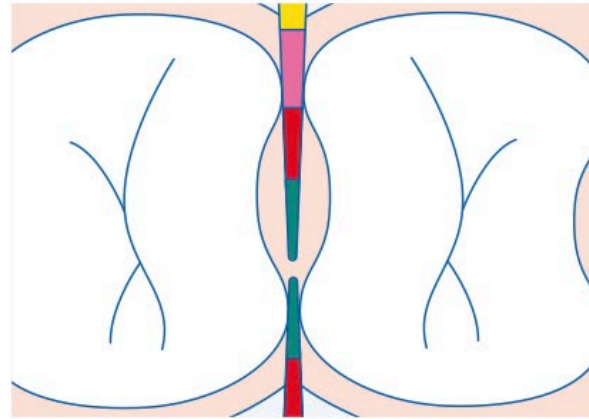
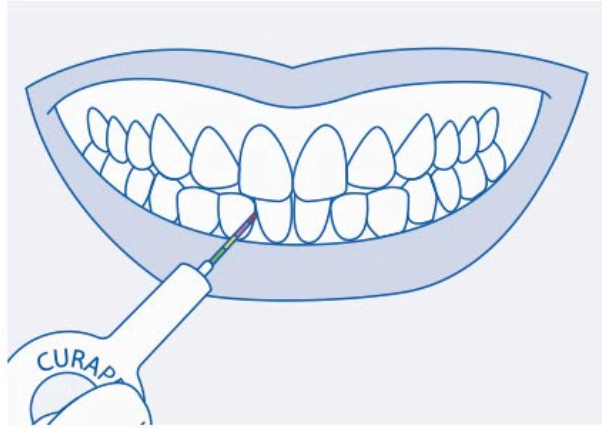
Interdental Brushing



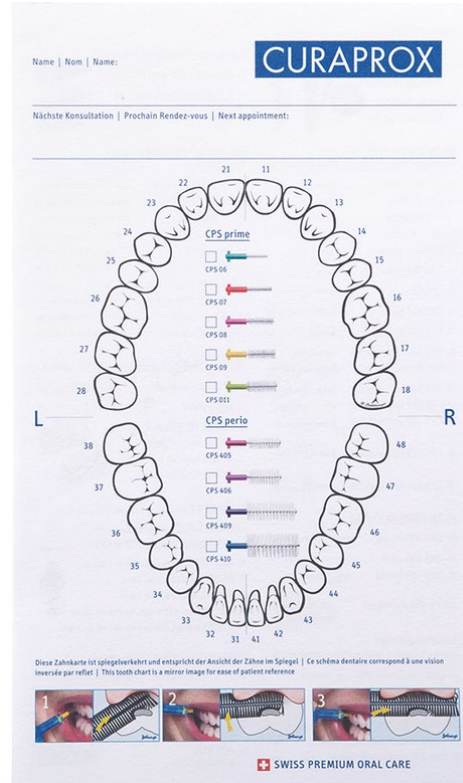
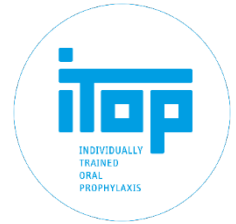
What makes the interdental brush the right tool?



The right size & right technique



Curaprox Interdental Brushes Chairside



Mindful Brushing



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**

Dr. Jiří Sedelmayer (1946-2019)

Founder of iTOP



“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?



Contact Information



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