

KEY TO PERFECT INTERDENTAL CLEANING

The Curaprox Interdental Access Probe

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The importance of oral hygiene in the dental practice is increasing, but dental professionals and patients are still left in the dark about correct interdental cleaning. Prof. Denis Bourgeois was among a group of researchers who conducted a study showing that the Curaprox Interdental Access Probe (Curaprox IAP), which is used to calibrate interdental brushes, is the most effective tool of all. The probe is increasingly used as a gold standard in oral prophylaxis and allows dental professionals to quickly and easily determine the exact interdental brush sizes for each patient.

According to Prof. Bourgeois, a researcher at the University of Lyon, interdental brushes are still undervalued. "They are easy to use, liked by patients, and the most effective interdental cleaning tool on the market. The majority of studies comparing the effect of interdental brushes on the plaque index with that of floss have shown interdental brushes to be significantly more effective."

Interdental brushes are most effective when their bristles maximally fill out each interdental space so as to disrupt the bio-film, but they should not be too big. So, what sizes of interdental brushes should be recommended to patients? More often than not, it is a trial-and-error affair, with the

risk of under-sizing—which has an impact on efficiency—and oversizing—which has an impact on acceptability and can lead to gingival trauma.

One tool, in particular, quickly and easily measures the size of patients' interdental spaces: the Curaprox IAP. Insert it into each interdental space horizontally or at a slight angle; the colour showing next to the tooth's buccal surface corresponds to the colour of the Curaprox interdental brush that will be most effective in cleaning the interdental space in question.

No more trial and error

In their study, Prof. Bourgeois and his team proved that using the Curaprox IAP to determine the correct brush sizes leads to more effective interdental brushing than when dental professionals recommend brushes to patients based on the decision-making technique of trial and error. The study found that the brushes chosen without the probe had a diameter larger than that indicated by the probe in 23.54% of cases and a diameter smaller than the probe value in 33.41% of cases.



No more trial and error by using the Curaprox Interdental Access Probe

The participants in the study were young adolescents aged 25 to 35 without periodontitis. By measuring the interproximal space, Prof. Bourgeois and his team concluded that over 80% of the sites required a small-diameter interdental brush (0.6–0.7 mm) of the Curaprox CPS Prime series and that differences occurred between anterior and posterior sites. The thinnest CPS Prime interdental brush (0.6 mm in diameter) was able to penetrate 94% of the participants' interdental spaces.

Instruct your patients

"A major problem with interdental cleaning has always been patient motivation," Prof. Bourgeois said. "But when dental professionals instruct their patients individually on how to brush interdentally using calibrated brushes, it easily becomes an established part of daily oral hygiene. Bleeding may initially stop patients from using interdental brushes, but when you explain to them that the bleeding is caused by inflammation, a sign of infection, they will regard interdental brushing as a way to keep healthy and the bleeding as a warning sign. It is necessary to use a toothbrush twice a day and interdental brushes once a day. If you do not do this, you are risking your health," Prof. Bourgeois said.

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The study can be accessed at

<https://bit.ly/3qHM16b>
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