

MODERN METHODS USED IN THE PREVENTION OF CARIES

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Abstract: Dental Caries Prevention includes measures such as trying not to form a coating on the teeth, using quality toothpaste and a quality tooth edge, strict adherence to oral cavity personal hygiene. If you notice that the tooth enamel floor has softened, it is necessary to use fluoride preservatives (paste, solution and varnishes).

It is recommended to regulate the consumption of carbohydrates in the diet, to consume products that contain a lot of calcium microelement in themselves, to drink drinking water in environmentally negative regions cleaned and filtered. For preventive purposes, it is necessary to undergo a dentist examination twice a year.

Key words: fluoride, fissure, hermetization, acid treatment, liquid, caries.

Nowaday, a number of advanced techniques have also been developed.

1. Fissure hermetization
2. Ozonotherapy
3. ICON technology

Liquid composites based on nanofillers have appeared on the dental market in recent years: the true nanocomposite "Filtek Supreme XT Flowable" (3m YESPE) nanogibrid liquid Composite "Grandio Flow" (VOCO). A high-flow Composite was produced by some companies specifically designed to fill the small gap and seal the fissures ("Estelite LV high-flow", "XT plus", "AYeliteflo LV").

Closing the fissures is the treatment of the chewing surface of the teeth with a special sealant - filler, which, as it were, will glue the cracks and make the tooth surface smooth, less sensitive to the risk of caries. Mastics are chemical or light-reinforced composite resins. Mastic is very liquid and can penetrate even very narrow and deep cracks. This procedure allows you to protect your teeth from cracked caries for a sufficiently long time (5-8 years).

The implementation of this procedure is usually carried out in childhood, since during this period it is most effective: milk teeth are more susceptible to the risk of caries.

Fissur hermetics, perhaps, everyone knows that the most common dental disease is caries, which can occur at any age. Caries can appear on any part of the tooth, but dentists identify danger zones, that is, areas most susceptible to caries; among them, it is possible to distinguish the contact surface of the teeth, that is, the area between the teeth, (Prishechnuyu) the tooth neck, tongue and, of course, the chewing surface and the cracks located in it.

Stages of hermetization:

1. Cleaning teeth from food debris and dandruff.
2. Drying the tooth surface.
3. Separation of teeth from saliva with special cotton swabs
4. 30 secs to the fissures. during 32% orthophosphoric acid treatment
5. Washing the fissures.
6. Drying the tooth surface.
7. Filling the fissures with cilantro.
8. Polymerization of the item with a light lamp.
9. Getting a Silant excess and grinding the tooth.

Contraindications for closing cracks

However, as with any other procedure, there are certain contraindications for closing cracks, among which the main ones will be: too wide cracks, poor oral hygiene and caries on the surface of the teeth. If there are already caries on the surface of the teeth, then it is necessary to crush the damaged tissues and fill them with a special material, only then close the cracks.

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