

Preserving Smiles

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Why Minimally Invasive Dentistry Matters

Traditional dentistry has long focused on restoring damage. Today, the priority shifts to identifying risk earlier, preserving tooth structure longer, and personalizing prevention at every visit.

1. Prevention Starts With Assessment

We can't fix what we don't identify. Clinical success begins with a comprehensive assessment of the contributing factors, not just lesions.

What to Assess:

- **Airway, tongue ties, and sleep dysfunction:** These influence saliva quality, mouth breathing, and chronic demineralization.
- **Salivary function:** Use Saliva-Check Buffer (GC America) to evaluate pH and buffer capacity.
- **Biofilm presence and acidity:** Disclose with TriPlaque ID Gel and BlueCheck to visualize risk zones.
- **Patient home care routines:** Use TePe tools to assess and coach on interdental care.
- **Patient awareness:** Use the MouthWatch intraoral camera to engage the patient visually.

2. Motivating Patients to Take Control

Motivational Interviewing (MI) is a proven technique to help patients connect their choices with outcomes. Instead of directing behavior, clinicians guide patients in setting their own goals.

- **Encourage patients to identify personal motivators**
- **Ask open-ended questions, reflect, and affirm effort**
- **Frame biofilm, diet, and pH in ways that align with their values**

3. The 4 Ps of Personalized Preventive Care

This framework helps tailor care based on each patient's unique risk and lifestyle:

- **Personalized:** Risk-based care aligned with needs and habits
- **Predictive:** Using tools like saliva testing and visual biofilm disclosure
- **Preventive:** Preventing breakdown with remineralizing and pH-balancing interventions
- **Participatory:** Patients take an active role through daily tools and visual feedback

4. Clinical Product Integration by Phase of Care

Assessment & Risk Visualization

- **TriPlaque ID Gel** – Differentiates new, mature, and acidic plaque
- **BlueCheck** – Identifies demineralized and acidic biofilm areas
- **GC Saliva Check** – Measures buffer capacity and salivary flow
- **MouthWatch Intraoral Camera** – Patient co-discovery and documentation
- **TePe Brushes** – Assess and individualize interdental care

Biofilm Removal

- **Guided Biofilm Therapy (GBT) with AirFlow and erythritol (EMS Dental)**
 - Gentle, tissue-safe
 - Excellent around implants and ortho
 - Essential before sealants and remineralizing agents

Protection

- **GC Fuji Triage EP** – Glass ionomer sealant for caries-prone molars
- **Cervitec Plus** – Fluoride + chlorhexidine varnish for root caries
- **Povidone Iodine 10%** – Used post-debridement for antimicrobial effect
- **MI Paste / MI Paste Plus** – For sensitivity and remineralization (CPP-ACP)
- **Nano-hydroxyapatite Toothpaste (e.g., Boka, RiseWell)** – Non-abrasive remineralizing

pH Management

- **BasicBites** – Arginine-based chews that support pH and remineralization
- **AllDay Dry Mouth Gel** – Xylitol-based saliva substitute
- **Xylitol Mints & Gums** – Support healthy saliva and biofilm balance

Early Lesion Repair

- **Curodont Repair** – Peptide-guided enamel regeneration (ICDAS 1–2)
- **Silver Diamine Fluoride (SDF 38%)** – Arrests cavitated or high-risk lesions
- **Optional adjuncts:** Povidone iodine, especially in root or recurrent decay sites

5. Caries Risk Management in Practice

Follow CAMBRA guidelines to classify patients and guide care:

- **Low Risk:** Fluoride toothpaste, regular hygiene
- **Moderate Risk:** Varnish every 6 months, xylitol support

- **High/Extreme Risk: Saliva testing, 5,000 ppm fluoride, SDF, dietary coaching, antimicrobial rinses**

Resources:

- [CAMBRA Risk Tool](#)
- [ADA Guidelines for Nonrestorative Caries Treatment](#)

Final Thoughts

Minimally invasive oral healthcare is not just about products—it's a philosophy of care that begins with prevention and ends with preservation. This approach demands:

- **Deep assessment of contributing risk factors**
- **Engaging patients with visuals and education**
- **Strategic use of non-invasive technologies**
- **Collaboration with patients to protect their smiles for life**