

Cleanic in Tubes – a highly effective prophy-paste for professional tooth cleaning, stain removal and polishing in one application

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Introduction

The objective of this clinical case report was to evaluate the effectiveness of Cleanic® prophy paste from Kerr - now available in tubes (**Pictures 1 and 2**) - as a recognized method for professional tooth cleaning, stain removal and polishing in one application.

Criteria for patient selection consisted of individuals either on their first visit or those attending check-up who had previously been seen by the dentist who recommended tartar removal by the hygienist as a step prior to a whitening treatment. The total number of individuals who participated in this study was 21 between the ages of 27 and 55. Eight were male and thirteen were female.



Picture 1 (left): Cleanic® in Tubes

Picture 2 (right): Easy prophy paste delivery from the tube to the Prophyl-Clip

Methodology

A register form was designed in order to record systematic details.

Inspection by the dentist and referral to the dental hygienist for tartar removal procedure.

Register of the replies given by the patient with respect to dental hygiene and habits.



Picture 3 (left): Case 1, before tartar removal and Cleanic[®] prophy-paste application

Picture 4 (right): Case 2, before tartar removal and Cleanic[®] prophy-paste application

- Tartar removal procedure (thereby removing the maximum amount possible of supragingival calculus and staining), although for this study, only the deposits are removed in order to verify that Kerr Cleanic[®] prophy-paste is sufficiently powerful to remove extrinsic staining.
- After tartar removal, Cleanic[®] (Kerr) cleaning and polishing prophy-paste is applied using a fresh portion for every group of 3 teeth for 15 seconds. The paste is applied with Kerr's nylon and natural brushes, at random (Pro-Brush[™]) (**Picture 5**).



Picture 5 (left): Application of Cleanic[®] prophy-paste with Pro-Brush[™] on case 2

Picture 6 (right): Case 1, excellent final result

- After polishing in the same application (ca. after 7 seconds), discolouration is assessed for the possible need to repeat use of the Cavitron[™] in order to remove any remaining stains.

Questions are noted of the patient's opinion (taste, smell and sensation) and a Register of the results obtained.

Results and conclusions

The patient's perception of Cleanic[®] in tubes was very positive. They noted a slightly mentholated taste, a finely granulated paste and pleasant smell. The paste is easily rinsed away, similar to a toothpaste. In comparison with other cleaning pastes on the market, the consistency of Cleanic[®] in Tubes is considered better, as patients are not left with a sand-in-mouth sensation afterwards.

In addition to the aforementioned patient's opinions, the professional level of satisfaction with the treatment as a whole - from a hygienic and aesthetic perspective - is highly favourable.

My own professional opinion of the product's presentation in tube packaging is that it is more aseptic. On the other hand, and in comparison to other prophylaxis pastes, Cleanic[®] in Tubes combined with the use of Kerr's Prophy-Clips allows a suitable dose portioning in order to adapt the amount to the needs of each patient. The paste is more viscous and presents a fine texture which eases handling. There is no splashing unlike many other pastes and application with Kerr's brushes complement and improve the whole application procedure.