

## Tips from practicing dentists on using products to the best advantage

### Product Category PROPHY PASTE

**Dentist:** Dr. Shalom Mehler

**Practice location:**  
Teaneck, NJ

**Type of practice:** General Dentistry

**Years in practice:** 29

**System/product to be described:** Enamel Pro Prophylaxis Paste

**Manufacturer:** Premier Dental Products Company

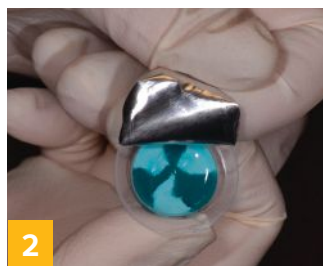
**Company Website:**  
www.premusa.com



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**Figure 1:** Enamel Pro professional prophylaxis paste (Premier).

**Figure 2:** Removing the foil covering from Enamel Pro professional prophylaxis paste (Premier).

**Figure 3:** Preoperative appearance showing heavy generalized extrinsic stain.

**Figure 4:** Postoperative appearance following stain removal with Enamel Pro professional prophylaxis paste (Premier).

### Description of this product and its benefits to the dental patient:

According to the American Dental Association, prophylaxis is defined as, "Removal of plaque, calculus and stains from the tooth structures. It is intended to control local irritational factors." The American Academy of Periodontology goes farther and defines how a prophylaxis can be done in their definition, "The removal of plaque, calculus, and stains from the exposed and unexposed surfaces of the teeth by scaling and polishing as a preventive measure for the control of local irritational factors."

The current position paper from the American Dental Hygienists' Association on oral prophylaxis states that it should consist of "supragingival and subgingival (below the gumline) removal of plaque, calculus, and stain." The position paper goes on to say that "the components of the routine prophylaxis should include but not limited to,

patient education, supra- and subgingival scaling, and polishing as appropriate."

Coronal or cosmetic polishing is defined as "a procedure designed to make the tooth free of plaque and extrinsic stains. The process of achieving a smooth, mirror-like enamel or material surface that reflects light and is characterized as having a high luster."

To help oral health care providers select the appropriate polishing paste, Premier offers Enamel Pro professional prophylaxis paste in 9 flavors with grit sizes ranging from fine to extra coarse. Enamel Pro has a special formulation to deliver amorphous calcium phosphate and is available with and without fluoride.

### Step-by-step description of how this product is used with a patient:

An 80-year-old man came in for a 3-month periodontal maintenance visit. On examination, we noted that his gingiva appeared healthy, recession was stable, and periodontal pocketing was unchanged. However, he had severe extrinsic staining. When we asked about his oral hygiene regimen, he reported regular toothbrushing and flossing, however he did report a change in his diet. The patient was a cigarette smoker and now consumed several cups of coffee daily.

We selected Enamel Pro coarse grit mint-flavored prophylaxis paste to use with a prophylaxis handpiece and a disposable prophylaxis angle. To help reduce unnecessary abrasion to exposed surfaces, we used a technique for holding the rubber cup at a 90° angle to the tooth surface. We scooped a small amount of

Enamel Pro onto the cup and used gentle pressure to polish the stained surfaces. To minimize heat and excessive removal of tooth structure, we limited the time spent polishing each tooth.

Because it is common to create scratches in enamel and dentin when using coarse grit prophylaxis paste, strategies including selective polishing and follow-up polishing with finer grits are often mentioned to restore tooth smoothness and luster. Enamel Pro features amorphous calcium phosphate, which can help mitigate the negative effects of abrasion after polishing (manifested as a rough or unsmooth feeling to the patient and nonlustrous appearance). This is accomplished as the calcium and phosphate react to form a precipitate at the tooth surface. Calcium phosphate crystals effectively fill in tooth scratches created during coarse polishing, leaving the patient with smooth and shiny teeth.