

1. An oral prophylaxis (prophy) includes the complete removal of:
 - a. _____
 - b. _____
 - c. _____
2. Plaque is removed professionally by doing a _____.
3. Who can legally do a CP in California? _____
4. When do you want to take the CP course from us? _____
Why wait? _____
5. Who removes calculus in the office? _____
6. Hand instruments that hygienists use to remove calculus are called _____.
7. Two other instances in which we might want to perform a coronal polish include:
 - a. _____
 - b. _____
8. How often should we tell our patients to brush per day? _____ When is the best time? _____
9. How often should we tell our patients to floss per day? _____ When is the best time? _____
10. What is an open margin? _____
11. Why is an open margin potentially harmful to the health of the oral cavity? _____

12. When our patients have health gingiva, we should recommend pointing the bristles of the tooth brush _____ the gums, move it in small _____, and then swipe down.
13. What type of toothbrush should we ALWAYS recommend to our patients? _____
14. I recommend _____ floss (NOT GLIDE) because it _____.
15. Superfloss has an area of the floss that is _____ which really grabs the plaque well.
16. Floss should be wrapped around the _____ fingers so that the index fingers and thumbs can direct the floss where we want it to go.
17. Once the floss is under the contact it should then be wrapped around one surface of a tooth in a _____ shape and then scrap _____ and _____ (not back and forth).
18. The purpose of flossing is NOT to get meat out between the teeth, but to _____ the _____ off of the tooth.
19. A floss threader is especially helpful for patients who are in braces or who have a _____.

20. Electric tooth brushes should ALWAYS be recommended for every patient. True False

Explain: _____

21. It is important to scrape or brush the _____ because _____ can hide and grow on the surface.

22. What might we recommend for patients who have arthritis in their hands and can't brush very well?

(I forgot to mention that a lot of people take a tennis ball, drill two holes in it, and slide the tooth brush in the holes. That way they can hold the ball to brush their teeth.)

23. The instrument used to measure sulcus depth is called a _____.

24. A healthy sulcus depth is _____.

25. How many areas around a tooth do we measure sulcus depth? _____

26. What is one advantage of digital perio charting over manual perio charting? _____

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