



Lori/Ryan Conversation

Lori: So, during your appointment, we talked about seeing redness and inflammation in some areas and we noticed that, when brushing, your gums bleed easily. These are early signs of gingivitis. And, in order for me to design some ways to improve your oral health, can we spend a few minutes together talking about your oral care routine?

Ryan: Sure.

Lori: Great! Why don't you start by telling me what's important to you in regard to your oral health?

Ryan: Well, I want to prevent major problems, so...

Lori: Of course. What concerns you the most about your oral health?

Ryan: I think just having the time to take care of my teeth.

Lori: That's understandable. And what about your toothbrush? Are you using an electric rechargeable or manual toothbrush?

Ryan: Um, I use a regular manual toothbrush.

Lori: I see. So, can you walk me through your daily routine?

Ryan: Well, I brush first thing in the morning. I go to class most of the day and work at night. When I get home, I'll be honest, I just brush as fast as I can so I can go to sleep.

Lori: So, you're committed to brushing first thing in the morning. And you feel that you rush when you brush in evening.

Ryan: Yeah, I'm just swamped with school and work. I'm a busy guy.

Lori: It sounds like your schedule is very full. But keep in mind that plaque can be harmful if left on your teeth and gums. Here's an example. Do you have any pets?

Ryan: Yeah. A little dog named Scruff.

Lori: Okay, so you can think of plaque biofilm like the bottom of your pet's water bowl. If you just rinse out the bowl, without scrubbing and wiping it clean, you're left with a slimy layer. And you don't want Scruff to drink out of that!

Ryan: (Giggles). Yeah. I never thought of it that way.

Lori: Exactly. Plaque is a sticky substance that's mostly made of bacteria and if left behind, over time, it can cause inflammation of your gum tissue. And proper brushing along with an antibacterial toothpaste is the most effective way to remove plaque.



Lori: Ryan, what do you know about how long you should brush?

Ryan: Well, I think it's supposed to be a couple minutes, right?

Lori: Exactly. The suggested brushing time is two minutes. Do you feel like you get two minutes of brushing time in?

Ryan: I honestly couldn't tell you.

Lori: You're not alone. Most people estimate that they brush for a full two minutes, when, in reality, they are brushing less than 60 seconds. Do you think that could be true in your case?

Ryan: Yeah probably.

Lori: Knowing that, how would that effect your oral hygiene habits at home?

Ryan: Well, I guess I could try to put a timer on my phone when I brush.

Lori: Yes, that's a good idea, but there's also another easy option. Are you familiar with any of the toothbrushes that have timing devices?

Ryan: Hmmm? No.

Lori: Would it be okay if I show you one of those?

Ryan: Yes.

Lori: Would you like to give it a try?

Ryan: Sure.

Lori: So, what did you think of the electric rechargeable toothbrush?

Ryan: It was pretty simple, and I do like the timer.

Lori: That's great. So, some of the things we talked about are that you are going to try to increase your brushing time to the two-minute time frame. And you will consider the electric rechargeable toothbrush with the timer. Is that something you think you'd be willing to use at home?

Ryan: Yes. I think it would help.

Lori: Terrific!