



p.m.j V-7 Toothbrush

For effective plaque removal and gingival massage
 2-Row and V shape transplanted bristles
 Suited to brushing interdental spaces

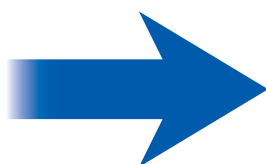
The Toothpick Method ■ ■ ■ To clean and massage interdental spaces



Put one of the rows on the gingival margin toward the crown at a 30 degree angle.



Move the bristles into the interdental spaces.



Press the bristles into the interdental spaces like toothpicking and pull out.



Photos show the bristles passing through the interdental spaces.



The effect of Toothpick method on marginal periodontitis with p.m.j V-7 Toothbrush



The First Visit

←
 Gingival condition of 48-age woman
 [Subjective symptoms]
 • gingival swelling
 • gingival bleeding
 • malodor



One Month After

←
 She has only received the instruction how to brush interdental spaces. (Toothpick method with p.m.j V-7 brush)
 [Improved gingival condition]
 • no bleeding
 • refreshed feeling
 • without malodor

Toothbrushing using the Toothpick method was found to remove significantly more plaque from proximal tooth surfaces than the brushing using the Bass method*. It was also demonstrated that the Toothpick method provides added benefits resulting from gingival massage**.

* J Clin Periodontol 1998;25: 829-831.

** J Dent Hlth 1997;47: 158-163.

Photographs : Department of Preventive Dentistry, Okayama University Dental School, Okayama, Japan

