

Dear fellow dentist, How about your oral health? Fones, Bass and now

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Pierre Fauchard, called the father of modern dentistry, was a French physician born in 1679 and died in 1761. He wrote the first book on dentistry called *Le Chirurgien Dentiste* (The Surgeon Dentist) in 1728. He said that it is good to rub the teeth with a wet sponge for dental health.

Tooth brushing, which has been done from ancient, is still the most basic and efficient method for dental health, and it is a method of preventing diseases through control of bacteria in the oral cavity with numerous scientific grounds. However, it is also a reality that most people suffer from diseases such as periodontal disease because they do not brush their teeth properly.

It is a sad reality that Fones' brushing method in the early 1900s, who created the job "dental hygienists" by educating the assistants in 1906 and the horizontal scrubbing method of simply rubbing back and forth, is being taught to this day. Tooth brushing methods such as the Stillman, Charter's, Rolling, and Bass method, which are included in the textbooks and taught to dental and dental hygienist college students, are also methods prior to the 1950s. All of these have been tested for a short period of time, in small groups, quite a long time ago, and there is no valid scientific or medical evidence. Most of the various classic brushing methods mentioned above are focused on cleaning the labial, buccal and lingual surfaces of teeth, and among them, only the Bass method is a method for cleaning the gingival sulcus. However, all has a very limited effect on cleaning the interproximal surfaces. Although the Bass method is the only method to focus on the gingival sulcus, it mainly focuses only on the part of the gingival sulcus on the buccal-lingual surface, so it is usually effective only to a depth of about 1 mm, and cleaning of the proximal surface rarely occurs.

Dentistry and dental technology, which have developed remarkably over the past decades, are focused on restorative treatment. The investment and development have been focused on the surgery to restore the already damaged oral tissue, but in the field of personal oral hygiene management, which is the basis for the preservation of natural teeth and the maintenance of healthy oral tissue, is insignificant. The SOOD Technique, which was organized in the early 2000s and fully established in 2014, has a great meaning in such a situation.

I would like to have an opportunity to share about the meaning and details of SOOD Technique, the latest individual oral hygiene management method. The SOOD Technique focuses on the structure of biofilm and the process of generating pathogenic substances, and is designed to achieve the best effect in cleaning the most vulnerable and dangerous areas. In addition, it summarizes and organizes the process accurately and concisely to change the patient's behavior through motivation. SOOD, including the criteria for selecting appropriate tools, how to hold the tools, and the stroke of the toothbrush and how to manage the stroke, contains everything in just four syllables.

S: Soft Bristle, Soft Movement with Pen grasp

O: Open your mouth, Look at the target tooth

O: One by One, Do not rub, small circular movement

D: Deeper to the gums, Focus on the Sulcus

Profile

- * Private practice. Dr. Park's Orthodontics for better smile
- * Secretary general of Save-tooth organization
- * Board member of Korean Academy of Preventive dentistry and oral health
- * Founder of APEM (Active prevention through education and management)
- * Founder of SOOD Technique