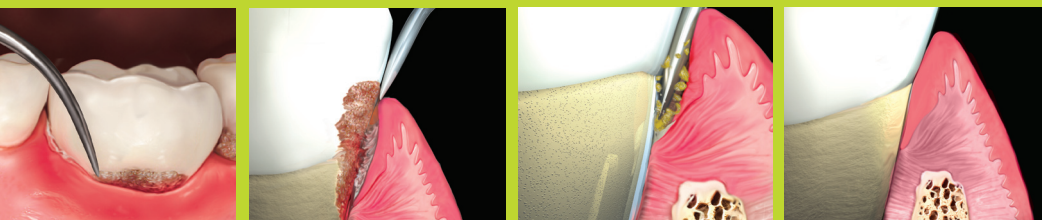


EFFECTIVE clinical technique

- Step 1** For infection control purposes, instruct the patient to rinse with an antimicrobial solution for one minute prior to instrumentation. Pre-procedural rinsing with an antimicrobial has been shown to reduce the microbial content of the aerosol.*
- Step 2** Select an insert tip that is most appropriate for the clinical situation from the variety of Hu-Friedy inserts that are available. Multiple inserts may be necessary to fully instrument more complex periodontal cases.
- Step 3** Use a light pen grasp similar to that used with a periodontal probe.
- Step 4** Use an extraoral fulcrum or rest. An external fulcrum will encourage a smooth motion, promote light lateral pressure, and enable biocentric hand positioning.
- Step 5** Adapt the shank of the insert parallel to the tooth/root surface being instrumented. Tip-to-tooth angulation should not exceed 15 degrees.
- Step 6** Apply little or no lateral pressure, minimize tip angulation, and always use the lowest effective power setting to increase patient comfort and clinical effectiveness, as well as maximize the useful life of the insert.
- Step 7** Approach the deposit from its edge and work in a coronal to apical direction. Use a variety of short overlapping strokes in a brush-like or erasing manner.



* Fine, D.H., Mendieta, C., Barnett, M.L., Furgang, D., Meyers, R., Olshan, A., & Vincent, J. (1992). Efficacy of preprocedural rinsing with an antiseptic in reducing viable bacteria in dental aerosols. *Journal of Periodontology*, 63, 821-824.