

TOOTHPICKS & WEDGES

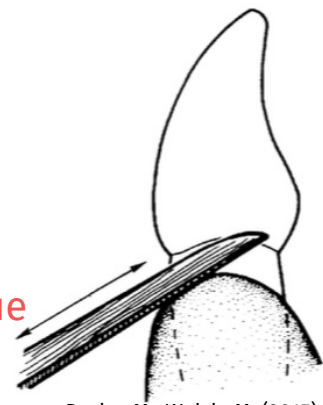


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PURPOSE

Toothpicks: removal of food impacted in teeth

Wooden wedges: removal of plaque between teeth



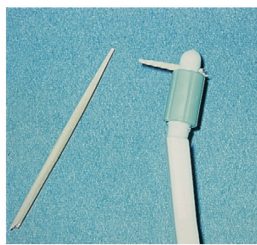
Darby, M., Walsh, M. (2015)



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Toothpicks

Place tip at gingival margin, gentle up and down motion keeping tip on tooth, rock the toothpick gently to dislodge food



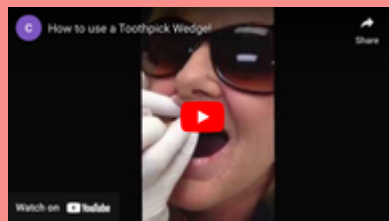
Darby, M., Walsh, M. (2015)



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Wooden wedges

Wooden wedges have a triangular cross section
Place wedge against proximal surface of tooth with base of wedge triangle toward gingival border



<https://www.youtube.com/watch?v=9RtrdtKyoVY&feature=youtu.be>



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Where to buy?

Toothpicks and Wooden wedges can be bought online or at a store in person

A pack of 500 toothpicks costs around \$2.00-\$3.00

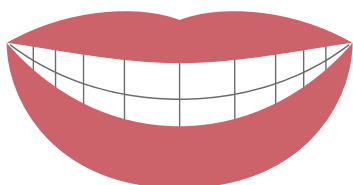


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Limitations for use

- Safe to use but requires interdental space
- Some can be too long
- Wooden wedges are designed in facial aspects only

Expected Outcomes



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- Removes food stuck between teeth
- If not used properly: tissue trauma
- Can damage tooth enamel
- Toothpicks can get contaminated

Sources

Darby, M., Walsh, M. (2015). Dental Hygiene Theory & Practice, Fourth Edition. Elsevier, Inc. pg 412-414.

Ng, E., & Lim, L. P. (2019). An Overview of Different Interdental Cleaning Aids and Their Effectiveness. Dentistry journal, 7(2), 56. <https://doi.org/10.3390/dj7020056>