

Toothpicks & Wooden Wedges

Kaitlyn P. & Amanda I.

Indication for Use:

- Best for type 2 and 3 embrasures
- Can be used to clean furcations
- Can be used with 1 hand only
- Small root concavities can be cleaned, with toothpick only

Limitations:

- Type I embrasures and healthy tissues
- Used from facial aspect only

Toothpicks



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

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

Use:

Toothpick holder recommended for use. Adapt tip to gingival margin, use gentle up-and-down motion to dislodge food and/or remove plaque.



<https://dimensionsofdentalhygiene.com/marquis-dental-perio-aid/>

Wooden Wedges



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

Use

Place wedge in-between teeth with base of triangular cross section facing gums. Use moderate pressure with an up-and-down motion to remove food and plaque.



<https://www.net32.com/ec/stimudent-plaque-removers-mint-patient-144-contains-d-178038>

Price:

\$2-3 for 200 wooden wedges

\$2-3 for 800 toothpicks

\$9 reusable toothpick holder

Can be purchased from local convenience store or online.

References:

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

Crandall, J. (2021). Toothpick techniques for dental and periodontal health. YouTube. https://www.youtube.com/watch?v=UHkzF_TY6_k

Jassim S. D. (2024). Effects of interdental aids on clinical periodontal indices. International journal of dental hygiene, 22(2), 471-475. <https://doi.org/10.1111/idh.12758>



https://www.youtube.com/watch?v=UHkzF_TY6_k