

Important Information Relative to Personal Oral Hygiene
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I hope you read the following information carefully and then keep it for future reference.

Several years ago, employing technics and methods acquired through many years of medical laboratory teaching and research concerned with microorganisms and microscopic pathological conditions, I secured (and have published) accurate essential information as to the important microscopic etiological and pathological conditions at the specific locations where the lesions of caries (cavities) and where those of periodontoclasia ("pyorrhoea", gingivitis) originate and advance. Some vital parts of this information had not been clearly recognized, interpreted or practically applied theretofore.

The essential fact is that the early stage lesion of each of these entirely different diseases originates and advances only beneath a thick pad of bacterial material, called dental plaque, at the vulnerable locations. These are, for caries 1) the depressions at the entrance to the developmental pits and fissures on the occlusal (chewing) surfaces of the molars and bicuspids and 2) around the contact area on the surfaces between teeth; for periodontoclasia, the area on the tooth surface at the entrance to, and within, the gingival crevice surrounding the tooth. This vital fact will be confirmed by anyone who makes the necessary investigation.

The "secret", missed heretofore, is that while the outer part of dental plaque contains many different kinds of mouth bacteria the main, deeper part is composed entirely of long filamentous type microorganisms, each one extending outward from the surface of the tooth to which it is attached. Since the presence of a thick pad of this plaque material is necessary for either caries or periodontoclasia, preventing or minimizing it correspondingly prevents the origination or further advancement of the lesions. It is just that simple. This dental plaque material must be cleaned off from the vulnerable locations often enough (daily) to prevent re-accumulation of harmful amounts.

After having accurate information as to what would be necessary for prevention and control I then designed a practical method of adequately cleaning the teeth at the important

locations. This method-often identified with my name- is different from, and in some vital particulars is quite the opposite of, other inadequate and inappropriate methods previously advocated and followed. The teeth must be cleaned right with the right kind of both toothbrush and dental floss, every night before retiring. Nothing else will do. Nothing else is necessary for the highest degree of oral cleanliness and dental health.

I also carried out extensive laboratory investigation and experimentation to ascertain the most appropriate specifications for the necessary toothbrush and dental floss. To the best of my knowledge, judgement and experience any deviation from these exact specifications and any modification of the method of using them, reduces the effectiveness accordingly. "Right Kind" toothbrushes and the equally important "Right Kind" dental floss should be supplied only to persons who have been taught our method of personal oral hygiene and therefore know how to use them. Others cannot use them successfully.

Oral hygiene is an individual and a personal matter. Each person must be shown, in his or her own mouth, by a dentist who knows it himself, exactly where and how to clean his or her teeth right. So far, this exact method, and the basic facts which make it necessary, have not been definitely taught at the dental schools. Therefore, dentists who know it have had to learn it after they graduated. Several hundred dentists in the United States have learned and are prepared to teach, more or less well, this method to their patients, as a part of their dental health service.

Those who learn and regularly follow our method will be able to keep, healthy and functional, all the good teeth they now have throughout a long lifetime; but not without it. They will also prevent the environment of their teeth from being a focus of infection from which bacteria and toxins often enter the blood stream.