

CLINICAL TIPS ON THE OCCLUS-O-GUIDE

Volume I

Sterilization of the Occlus-o-Guide®

The Occlus-o-Guide® can be cold sterilized with Glutordahyde and is recommended that it be kept in solution for 3 hours. The appliance is most ideally sterilized by gas sterilization but should not be placed in a dry-heat sterilizer or autoclave since the plastic will melt.

Any plastic, whether it is hard or soft will imbibe mouth fluids and bacteria. For fluids to completely penetrate to the center of the plastic of the Occlus-o-Guide® takes approximately 48 hours. Therefore, to try in an Occlus-o-Guide® into a patient's mouth for a few moments will not likely imbibe any fluids and it can be rinsed and placed in a cold glutordahyde solution afterwards for three hours or even overnight without harm.

The ideal way to test the size of an appliance for a patient is to take your records including study casts and have the patient return at another time for the appliance. The models can be measured, and several appliances can be tested in order to obtain the correct size before the patient returns. When the patient comes in for their appliance you then know what size is most appropriate.

Another method is to keep one complete set for trying in purposes only and when the proper size is selected, give the patient a new appliance that has never been in anyone else's mouth before. The appliances used for fitting can then be cold sterilized in the usual way.

Do not ever reuse appliances. With the current scare regarding communicable diseases, it is not wise to expose yourself to the liability of such a procedure. For example, viral hepatitis can remain active inside the plastic of an appliance for at least six months. Anthrax is another potentially long-term viable problem if the spores are absorbed into the plastic by one patient and transferred to another by reusing the appliance.

The patient should also be instructed to maintain cleanliness of the appliance. Simple brushing with toothpaste by their toothbrush will usually be sufficient. Toothpaste with stanous fluoride, however, leaves a rather fishy taste to the appliance. Soaking the appliance in Cepacol or Aqua-Fresh mouthwash will give it a clean fresh taste. Lavoris, however, will stain the appliance red. The patient should also be instructed to rinse the mouth out with water before using the appliance especially if they have just had mustard or ketchup in the mouth. Amalgam fillings sometimes will discolor the appliance black (from silver oxide) in the area of the filling. There is no known way to get this out; however, it will do no damage.

Advanced Tip:

Any mild acid can remove calculus that gathers in the appliance. The best and recommended method is by soaking the appliance in "Efferdent Denture Cleaning Tablets" and water. Coca-Cola or vinegar will do the same. A cotton swab emersed into etching fluid will take off the deposited calcium salts also.