

## Dental Prophylaxis versus Dental-Facial Aesthetics, Data about Patients' Approach to These Treatments

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**Abstract**—Introduction: In facial dental esthetics and services to achieve attractive beauty for the human eye, more monthly funds of individual spending are spent on these services than the dental services of treatment of pathologies or dental prophylaxis. The study aims to present the concrete individual approach to dental prophylaxis and oral care, compared to the individual approach, versus facial aesthetics and not only, oriented around the idea of what the patient is inclined to choose today, cost, advantages, disadvantages and the risks of achieving the "perfect smile". Materials and methods: The study presents the collection of data from the survey of 70 individuals on the monthly services, the cost, that they perform specifically for facial aesthetics and for dental treatments or prophylaxis. The study was conducted on the processing of data collected from the survey of the target age group 20-45 years, in the geographical area of the cities of Elbasan and Tirana, in Albania. Results: 98% of individuals surveyed were aware of the services offered by facial aesthetics against the figure of 80% of individuals who had information about dental hygiene. For personal care and facial aesthetics (whether this is a cost realized with products in home conditions or in aesthetic centers) from the collected data it can be shown that such services capture "scary" figures compared to the cost of dental services. Such services in the span of one month are equal to the cost of annual services that these people spend in a dental office. Conclusions: The importance of providing information and evaluating the periodic care that patients should show on oral hygiene and oral health should be as important as any other treatment, be it aesthetic. The results showed that the concept of dental prophylaxis and its application today has changed and faded, due to the fact that patients tend to care more about facial aesthetics and "neglect" care towards oral health.

**Keywords**— oral health, facial aesthetics, dental aesthetics, dental proficiency

### I. INTRODUCTION

Prophylaxis is the totality of precautions taken to protect against diseases or to prevent the spread of oral diseases.<sup>(1-4)</sup>

This study aims to present the concrete individual approach to dental prophylaxis and oral care, compared to the same individual approach, to facial aesthetics and not only, oriented around the idea of what the patient is inclined to choose today, the cost, the advantages, the disadvantages and the risks of achieving the perfect smile. Requests for facial aesthetic treatments, from the simplest to the most complicated, that modify both profiling and the patient's face, are increasing. Facial aesthetic surgery is even among the most requested interventions for patients. But as a professional, facing the fact that these requests come from patients with problems in the oral cavity, problems that are indicative of even total neglect of oral hygiene or neglect against treatment protocols, cooperation with the dentist or against the necessary dental control

routine or application of indicated prophylactic protocols, is constant.

However, these measures require not only an understanding of causal relationships, but also the patient's willingness to work intensively on maintaining oral hygiene throughout his life. This is because most prophylactic measures do not just happen in the dental practice, but must inevitably be carried out on a daily basis at home.[1,2]

Dental prophylaxis is very specific depending on the age of the patients. In other words, other prophylactic dental treatments are indicated for the pediatric age of patients and other prophylactic dental treatments are indicated for adults or for the geriatric age. These prophylactic dental treatments are not painful or uncomfortable for patients, regardless of their age. [3,4]

On the part of the patients, a higher level of cooperation with the dentist is required, firstly in setting and respecting the schedules of performing these treatments and then the correct understanding of the dental advice and the correct application according to the received dental advice, of the patient's individual self-care.

Dental aesthetics is a certain grouping of theories that refer to the concept of "beauty" related to the aspect of a prosthetic restoration. [3,5-7] It is a set of objective and subjective elements, the principles of which are based on the concepts of beauty and abstraction.

The concept of dental aesthetics has to do with all prosthetic therapies and not only, bearing in mind that, the main object should always be to restore and improve optimal function and to have a pleasant appearance. [3,6,8] The methods to carry out an aesthetic work in the field of dentistry are many, but the most important and most mentioned techniques are such as: [8-12]

- Bleaching, laser or hydrogen peroxide HP
- Ceramic crowns (Porcelain, Zircon, E-max)
- Veneers (Composite, Ceramic or otherwise known as Veneers)
- Piercing

## II. RELATED WORK

The cost of dental treatments is much lower than the cost of facial aesthetic treatments and the dedication or commitment of the professional for some treatments is even higher in some cases, if compared to the recommended mini-invasive injections of facial aesthetic treatment.

The objective of this study is to identify the tendency of patients towards prophylactic dental treatments and facial aesthetic treatments. It is required to find the level of sensitization against the importance that dental treatments have in the patient's vital continuity, compared to facial aesthetic treatments. It should be noted that good oral health is also an indicator of good systemic health of the patient. [1,2,6,10-12]

The oral cavity has a close relationship with the organs of the body, since the persistent oral flora in the oral cavity through ulcerations of the oral mucosa can pass into the bloodstream and cause systemic pathologies in the organs or tissues of the body, or aggravate existing pathologies. In these same bodies. It is also true that systemic pathologies are related to the appearance of pathologies or ulcerations of the mucous membrane of the oral cavity.

This reciprocal relationship between oral pathologies and systemic pathologies, both in the context of the presentation and in the context of further aggravation,

should be made known to patients in order to further raise their awareness against the role of dental prophylactic treatments or against routine dental check-ups and maintaining oral hygiene.

This is the reason why have to pay more attention to the methodology of washing the oral cavity, the basic rules of individual oral hygiene control and the specific means of achieving oral hygiene.

Every tool necessary for oral hygiene has a minimal cost, but beyond the fact of the cost, the specific way of its use should be known. These indications for use are included in the form of post-dental treatment counseling for patients, which the latter must listen to, understand and then apply regularly in the oral cavity to have the necessary results in terms of oral health in the oral cavity. [1,2,6,10-12]

## III. METHODOLOGY

The study is based on a survey of 70 people, in the target age group of 20-45 years old, in the cities of Elbasan and Tirana, in Albania. During the processing of the collected data, it was noticed that the approach to oral care among the respondents is expressed in 30% of cases.

The survey contained general questions to obtain data on whether the respondents had information about dental hygiene, prophylactic methods for the prevention of dental diseases, whether they were informed about dental aesthetic services.

The second point of the survey was about the patients' information about facial aesthetics and the services that are offered in this field.

The purpose of the survey was to obtain information on how often these individuals underwent facial aesthetic treatments and what was the motivation to go to the clinics that offer these services, to compare these data with the interest and the reason why the same individuals went and were presented at dental clinics.

As the first part of the study, standard questionnaires, used in other studies, were found in the literature, which included the purpose of the study to be carried out. These questionnaires were used to design the study questionnaire. These questionnaires were selected based on the same goal of data collection and processing. [11,12] The survey included the collection of information on the monthly cost that a female or male patient paid for facial aesthetic services, and how much this monthly cost was spent by the individual, regardless of gender, on dental services for the treatment of pathologies, or prophylactic services.

## IV. RESULTS AND DISCUSSION

The people surveyed, 70 individuals, divided by gender were 89% women and 11% men. Individuals who have

information about oral hygiene and oral health and about prophylactic measures made up about 80% of the respondents.

There is no information about oral hygiene and oral health and about prophylactic measures; this data were was expressed at level of 15% of the persons in this study. About 5% of the respondents do not express themselves about this fact.

During data processing, it was found that the people surveyed in the city of Tirana were more informed about oral health, prophylactic methods for the prevention of dental diseases. They were also more regular in their periodic check-ups with their dentist.

During the processing of the data, it was found that 98% of the people surveyed are informed about dental aesthetics and the services offered by this field of dentistry. They affirm that the interest in such services is very high and one of the main reasons that they will go to a dental office is precisely this: **HAVING A PERFECT SMILE!** At table 1 and at figure 1 are shown some of the results of the study.

**Table 1.** At this table are shown some of the data collected from the survey about the interest of persons about the dental treatment and the aesthetics treatments.

Patients	Dental prophylaxis	Aesthetics treatment
Female	8%	54%
Male	7%	44%

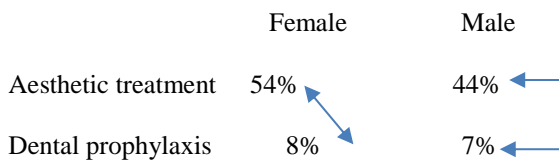


Figure 1. At this figure are expressed in different colors the data of table 1.

During the survey, it was requested to know the services and the monthly cost spent by the female/male individual in the age group of 20-45 years for personal care and facial aesthetics (whether this is a cost realized with products in home conditions or in aesthetic centers) and from the data of collected, it can be said that such services capture "scary" figures compared to the cost of dental services.

Such services in the time frame of one month are equal to the cost of annual services that these people spend in a dental office.

The continuous joint efforts of the dentist and, last but not least, the patients themselves ensure that throughout life oral health does not have to be a vision, but becomes a matter of course.

But when do the individuals surveyed in the study appear at the dentist?

Despite being informed about oral health, oral hygiene and prophylactic measures, they claim to neglect periodic care and present themselves mainly when they have:

- Pain
- Edema
- Destroyed teeth
- Discolored teeth
- Halitosis
- or in clinical cases where they want to carry out an aesthetic work.

The "power" of aesthetic dentistry is very great, since it can not only restore the function, phonetics and aesthetics of the teeth, but it has the ability to increase the self-esteem of the individual, to provide security and comfort by not making him feel uncomfortable at times. of everyday life or in a work relationship. But, like any other dental service, dental aesthetics also has specific costs and this varies depending on the services. [2,5,8,12]

Facing a situation where the economic opportunity does not allow them to perform such a service and wanting them to have a perfect smile, not being "prejudiced" by others or feeling good about themselves, the persons of respondents have expressed that they also apply alternative treatment methods.

These methods are carried out at home, consulted by social networks, such as teeth whitening, or for cleaning and sanitizing them.

They are different, uncertified products and sometimes dangerous for the dental structure. The alternative products that the respondents use at home for teeth whitening and hygiene are as follows: [7-12]

- Baking soda
- Soda with lemon/vinegar
- Use of aluminum foil
- White clay
- Mint leaves and coconut oil
- Cocoa powder
- Ginger and salt
- Uncertified bleaching lamps.

Another point of discussion in this paper is also facial aesthetics, this is due to the fact that today the importance

of having a well-groomed appearance is very important in the society in which we live.

The reason why it has been decided to address this fact is that such services are being given a very great clinical importance today, intentionally or unintentionally overshadowing essential dental services that should be periodic and systemic. [2,5,7,12]

Creating in this way and general panorama about what the patient is inclined to choose today. Facial aesthetics services are various and numerous, but among the most important ones that the respondents have mentioned are:

- Microdermabrasion
- Derma Filler
- Botox
- PDO
- Dermapen
- PRP mesotherapy
- Laser

Seeing such an approach of today's Albanian society, many dentists are inclined to specialize or qualify for such services.

And anyone can come across the fact that a dental office today also has an area dedicated to this field. A very large weight is being given to the promotion and publicity of this field, which should be equal to the provision of information or the promotion of essential dental services. These services are innovations and desired by almost the entire surveyed age group, but in no way should the oral cavity be neglected and overshadowed, which is equally important, not only for its function, phonetics and aesthetics, but also for a healthy organism, as the teeth must always be in "fashion". [8-12]

## V. CONCLUSIONS AND FUTURE SCOPES

Giving information about the assessment of periodic care that patients should show about oral hygiene and oral health should be as important as for any other treatment, be it aesthetic.

The results showed that the concept of dental prophylaxis and its application nowadays has changed and faded, due to the fact that patients are inclined to care more about facial aesthetics and "neglect" oral health care.

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