

# Saliva-Check BUFFER Testing Mat

(Results will be most accurate if patient avoids eating or drinking one hour prior to testing)



## Step 1 - Resting Flow Rate:

Visually assess the lower lip labial secretion. Evert the lower lip, gently blot the labial mucosa with the small piece of gauze and observe the mucosa under good light. Droplets of saliva will form at the orifices of the minor glands. If the time taken for this to occur is greater than 60 seconds, the resting flow rate is below normal.

Greater than 60 seconds:	Resting flow rate	● Low
Between 30-60 seconds:	Resting flow rate	● Normal
Less than 30 seconds:	Resting flow rate	● High

## Step 2 - Salivary Consistency:

Visually assess the resting salivary consistency in the oral cavity.

Sticky frothy saliva:	● Residues
Frothy bubbly saliva:	● Increased Viscosity
Watery clear saliva:	● Normal Viscosity

## Step 3 - Testing pH - Resting Saliva:

Instruct the patient to expectorate (spit) any pooled saliva into the collection cup. Take the enclosed pH strip, place one end of it into the sample of resting saliva for 10 seconds and then check the color of the strip (be sure to save the other end of the pH Strip for step 5). Highly acidic saliva will be in the red section, pH 5.0 - 5.8. Moderately acidic saliva will be found in the yellow section, pH 6.0 - 6.6. Healthy saliva will be in the green section pH 6.8 - 7.8.

pH Paper

## Dental Saliva pH Indicator: pH 5.0 - 7.8



## Results:

Compare the color of the test strip while the paper is still moist. Note the pH reading and record the results.

## Note:

Discard saliva and keep cup for Step 4.

## Step 4 - Testing Quantity - Stimulated Saliva:

Ask the patient to chew the supplied piece of wax. After 30 seconds, ask the patient to expectorate (spit) into the collection cup. They should then continue chewing the wax for an additional 5 minutes, expectorating every 15 - 20 seconds in the cup provided. It is preferred that you leave the patient alone in the room while they collect saliva. Measure the volume of liquid in the cup excluding froth and record the result. Keep saliva for Steps 5 and 6.

## Volume of Saliva/Value

● <3.5mL	● 3.5- 5.0mL	● >5.0mL
Very Low	Low	Normal

## Step 5 - Testing pH - Stimulated Saliva:

Take the pH test strip and place the unused end into the sample of saliva for 10 seconds and then check the color of the strip. This should be compared with the chart in Step 3. Highly acidic saliva will be in the red section, pH 5.0 - 5.8. Moderately acidic saliva will be found in the yellow section, pH 6.0 - 6.6. Healthy saliva will be in the green section, pH 6.8 - 7.8.

## Step 6 - Testing Buffering - Stimulated Saliva:

Open the buffer test foil pack. Use the pipette to draw up some saliva from the cup. Dispense 1 drop from the cup onto each of the 3 test pads. Turn the test strip on its side to drain excess saliva onto a tissue. After 2 minutes, compare the color of each pad with the table below, total the 3 scores and record the results.



Green = 4 points
Green/Blue = 3 points
Blue = 2 points
Blue/Red = 1 point
Red = 0 points

## Buffering Ability

● 0 - 5	● 6 - 9	● 10 - 12
Very Low	Low	Normal

# Saliva-Check BUFFER

## Test for Saliva Quality, pH and Buffering Capacity

Saliva testing is an examination tool that you can use to educate the patient, assist in preventive treatment planning and use to initiate changes in the patient's oral hygiene. Saliva plays a significant role in maintaining oral health and is the body's natural caries defense. Understanding patients' saliva characteristics can give the dental professional valuable information to determine treatment choices and strategies.

- Identify, measure and assess patient's possible caries risk based on saliva condition
- Tests hydration, salivary consistency, resting and stimulated saliva pH, stimulated saliva flow and saliva buffering capacity
- Tool for developing preventive care treatment plan strategies and selecting dental materials for the needs of the patient



### 900200 - Saliva-Check BUFFER Contains:

20 In vitro pH test strips, 20 saliva dispensing cups, 20 wax gum pieces for saliva stimulation, 20 saliva dispensing pipettes, 20 buffer test strips.



### 004504 - Saliva-Check MUTANS Contains:

1 S. mutans test device, 1 paraffin gum, 1 pipette, 1 mixing container, 1 bottle Reagent # 1 (2 mL), 1 bottle Reagent # 2 (4 mL).



### 004273 - GC Tri Plaque ID Gel™ Contains:

40g tube (36 mL, approximately 130 applications).

Suggested treatment options reflect current CAMBRA guidelines. Evidence based decision making principles should guide clinical treatment, therefore the dental professional should determine the best treatment plan for each patient.

RESULT	RISK	IN-OFFICE TREATMENT	AT-HOME TREATMENT	DISPENSE	RECALL	RE-TEST SALIVA
GREEN	LOW		MI Paste or MI Paste Plus after brushing and flossing	as needed	6 months	6 months
YELLOW	MODERATE	MI Varnish 2x/year	MI Paste or MI Paste Plus 2x/day after brushing and flossing	as needed	4 months	4 months
RED	HIGH	MI Varnish 3x/year	MI Paste or MI Paste Plus 4x/day and at bedtime	as needed	3 months	3 months
Xerostomia patients	HIGH	MI Varnish 4x/year	MI Paste or MI Paste Plus every 3-4 hours and at bedtime	as needed	3 months	3 months

SKU #620300

CDT Code for Saliva-Check BUFFER: D0425-Caries Susceptibility Test, D0999-Unspecified Diagnostics Procedure



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## BEFORE YOU BEGIN:

Did YOU know?

- Understanding the salivary environment is critical to achieving long-term oral health for your patients
- Saliva testing can be a very useful communication tool to identify contributing factors that may have altered the patient's lifestyle, such as stress or smoking to name a few
- Results can be explained to the patient as part of the discussion about prevention and treatment
- Together, you and your patients will be able to agree on a plan to bring their saliva back into balance

**NOW THAT THE SALIVA TESTING IS DONE... maintain strong and healthy teeth for life!**



**GC America offers your patients a comprehensive in-office and at-home treatment plan with MI Varnish™, MI Paste™ and MI Paste Plus™!**