ORAL HYGIENE AND DENTAL CARE



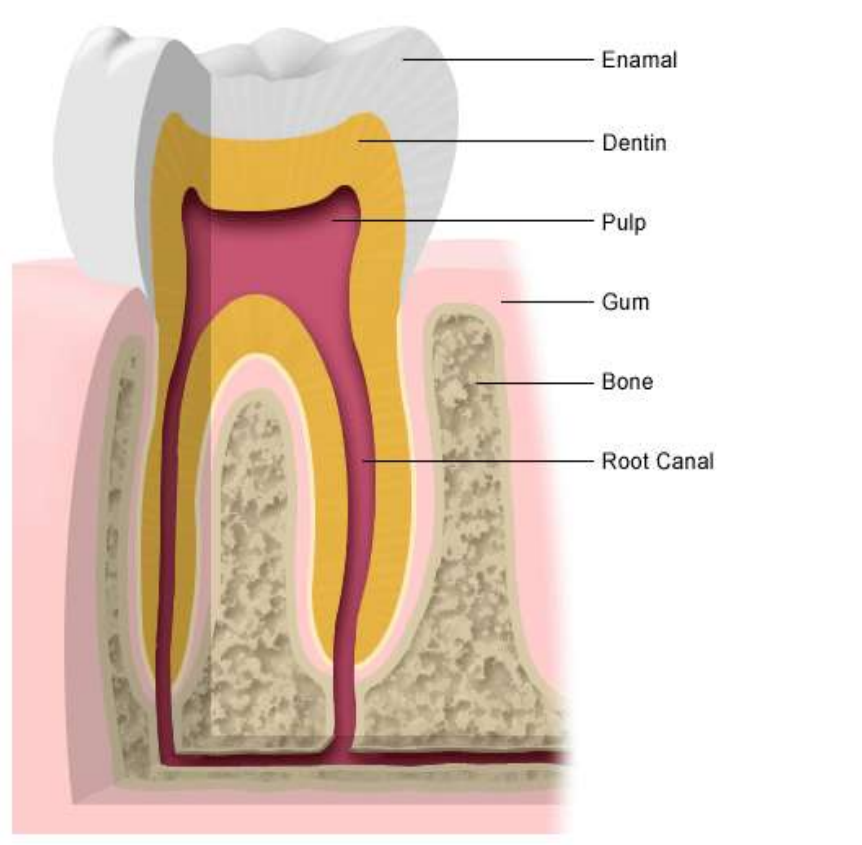


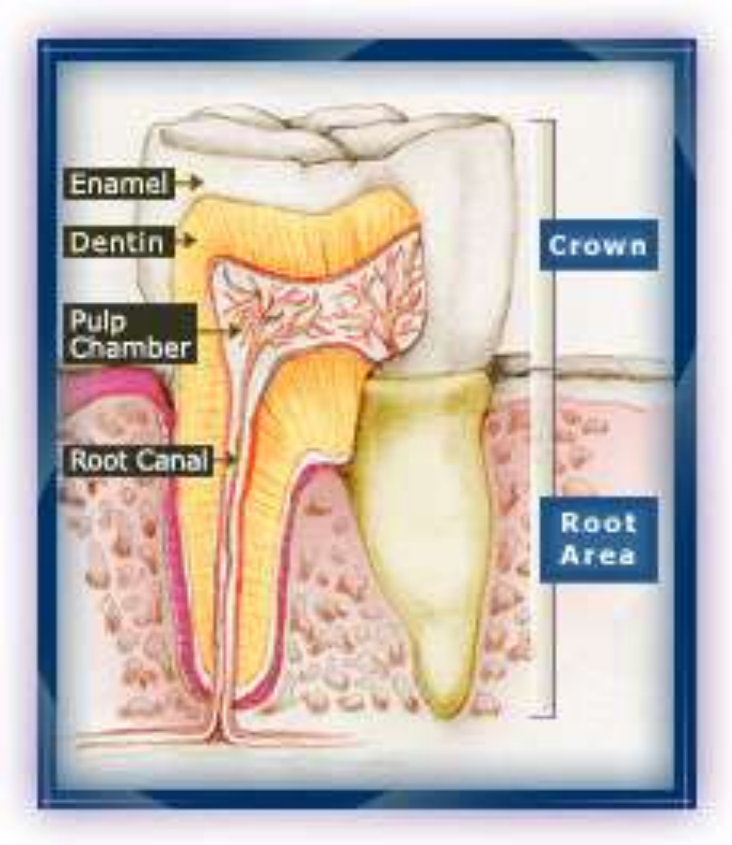
Did you know ?

- Bacteria[plaque] forms in 2-3 hours after brushing and flossing.
- Flossing can increase your span to 6.4 years.
- Flossing delays the effect of aging.
- Smoking may lead to more than half of all cases of gum disease.

ANATOMY OF TOOTH

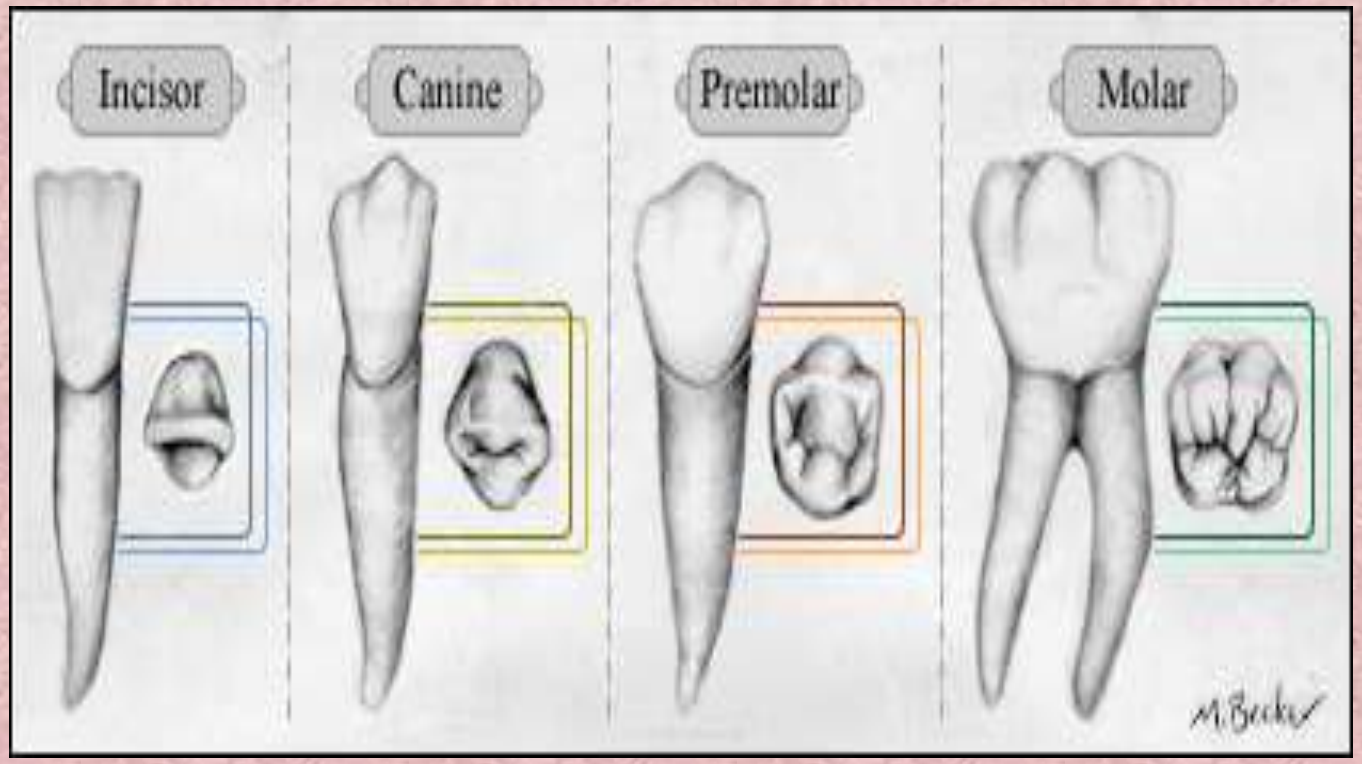
- Longitudnal section of tooth.





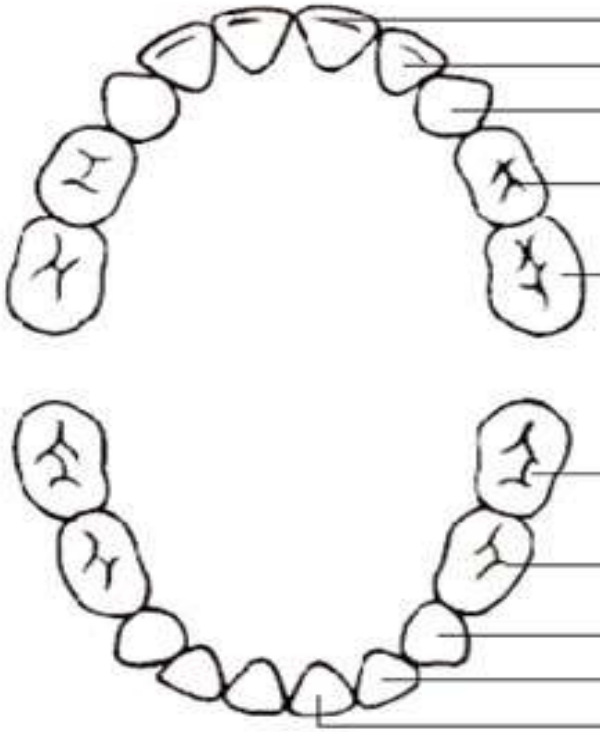
Types of teeth

- On the basis of shape and function



Eruption sequence of primary teeth.

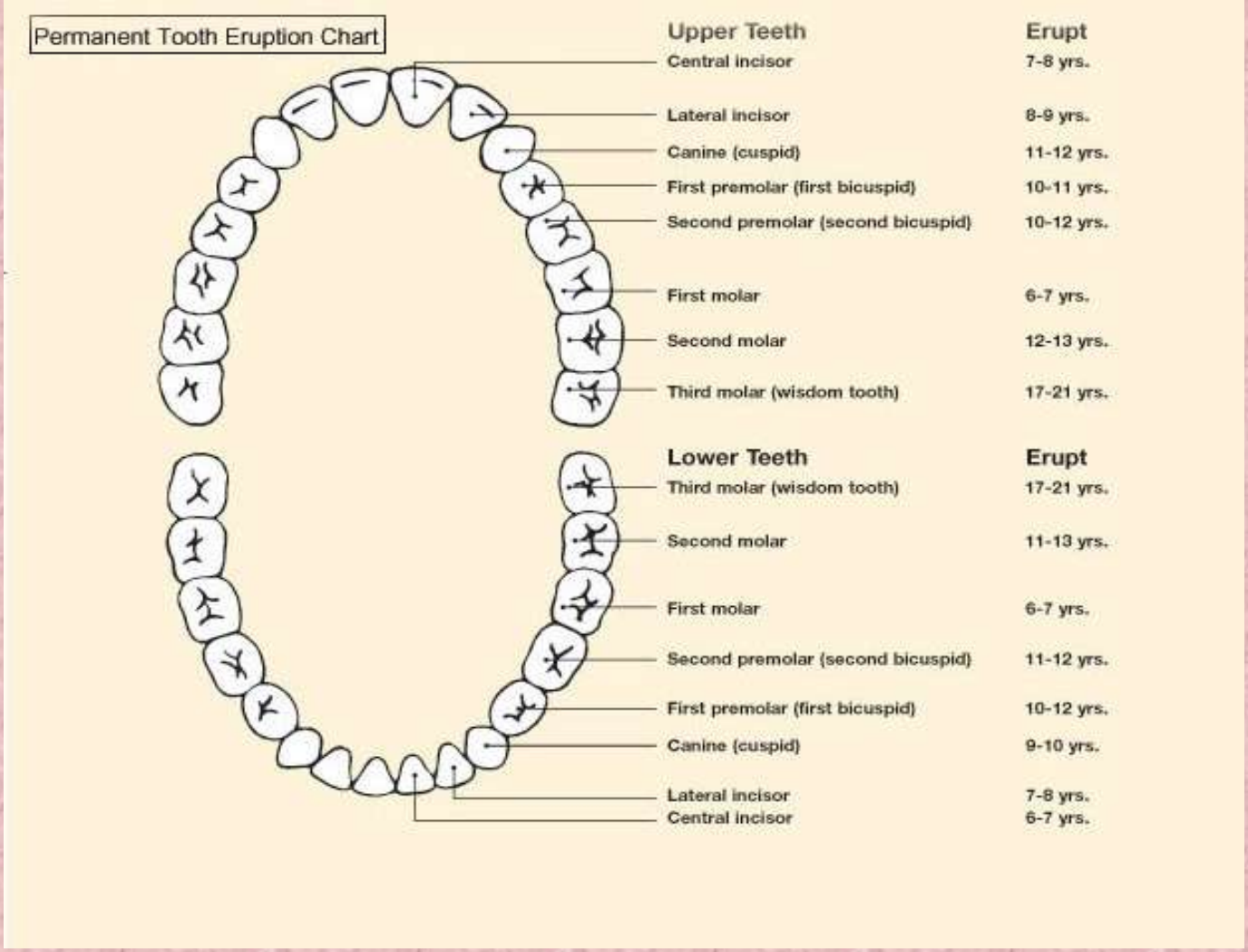
PRIMARY TEETH



Upper Teeth	Erupt	Shed
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

Lower Teeth	Erupt	Shed
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

Eruption sequence of permanent teeth.



Full Body Connection

- Bacteria that causes periodontal disease can be spread through close contact between people.



- Approx. 90%of systemic disease have links to oral health.
- People who have periodontal disease double their risk to fatal heart attack.
- Infection in mouth increases risk of respiratory infection.
- Diabetes with periodontal disease have more difficulty in controlling blood sugar level.

TOOTH DECAY [CARIES]

- Broadly caries are of 3 types

1. Pit and Fissure caries.

2. Smooth surface caries.

3. Cervical caries.

4. Nursing bottle caries.









Mechanism of tooth decay.

Bacteria in the presence of sugary substance produce acid that causes demineralization of teeth.





Enamel is affected first, as decay continues it reaches to dentin and then to pulp.

Saved by filling.



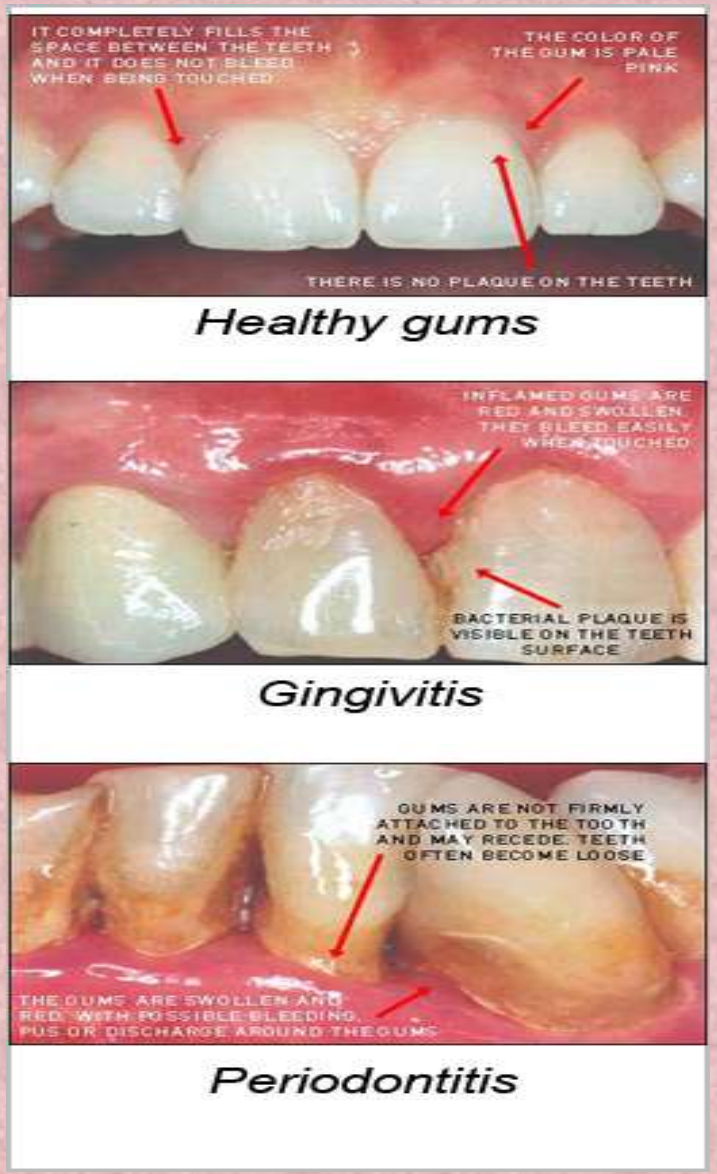
Needs RCT



GINGIVITIS

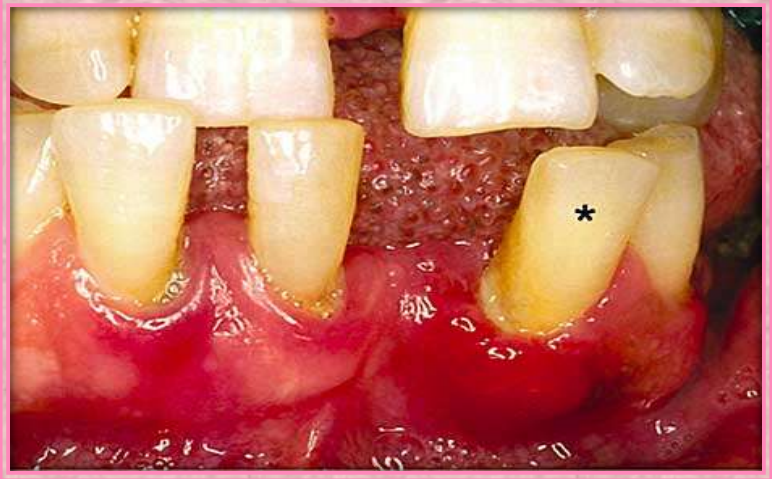
- Inflammation of the gingival tissue.
- Bleeding gums.
- Factors may also be hormonal, drug induced.





PERIODONTITIS

- Infected gum recedes.
- Plaque and Ca++ continue to increase.
- Pockets become infected.
- Bone loss starts.
- Periodontal disease causes 70% of tooth loss.
- It affects 3 out of 4 people .



Causes of periodontal disease.

- Lack of daily ,complete oral hygiene.
- Broken fillings/teeth.
- Misaligned/crowded teeth.
- A poorly balanced diet.
- Systemic disease.
- Drugs[xerostomia]

Symptoms of periodontal disease.

- Red ,puffy gums.
- Gum tenderness[pain]
- Gum that bleed during brushing.
- Persistent bad breath.[halitosis]
- Shifted/loosened teeth.
- Pus.

DISEASES IN CHILDHOOD

- Caries.
- Malocclusion
- Mouth breathing.
- Tongue thrusting.
- Finger/Thumb sucking.







Thumb Sucking

- Normal tendency.
  (up till 18 months)

Bad habit.





Habit breaking appliance

Crib.



Night guard.

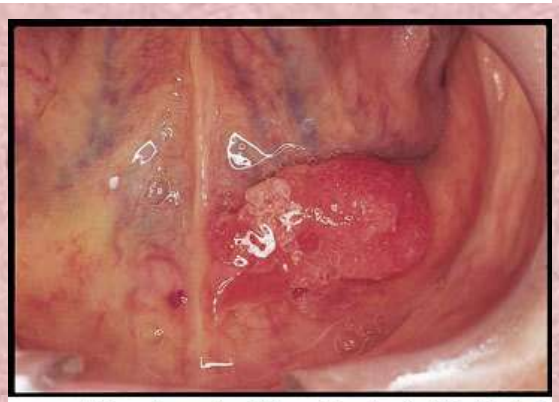




DISEASES IN ADULT

- Caries.
- Periodontal disease.
- Edentulism.
- Ulcers.
- Cancer.
- Bruxuism .
- Staining of teeth.





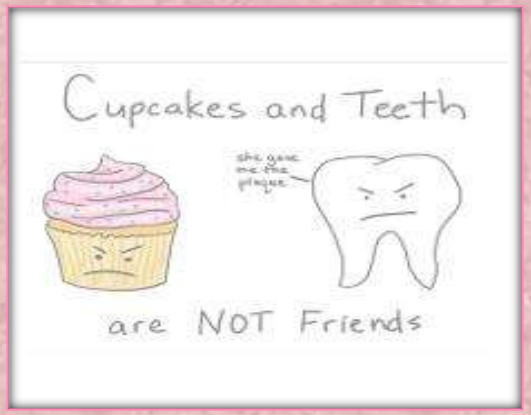
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PREVENTION

CARIES-

- Reduce sugar intake.
- Brushing twice a day.
- Flossing once daily.
- Use of mouthwash.
- Healthy snack habit.
- Proper brushing method







Prevention of gingivitis.

- Maintain good oral hygiene.
- Cleaning of teeth.



- Interruption of bad habbit.[smoking , mouth breathing.]
- Proper brushing technique .

Prevention of periodontitis.

- Scaling.
- Maintenance of oral hygiene.
- Flap operation.
- Bone grafting.

Replacement of tooth loss.

EDENTULISM- Loss of one or more teeth.



Restore it by-

- RPD[Removal partial denture.]
- FPD[Fixed partial denture.]
- CD[Complete denture.]
- Implant.
- Prosthesis – obturator.





CANCER

Causes-

1. Tobaco smoking and chewing.
2. Heavy use of alcohol.
3. HPV infection.
4. Sun.
5. Betel nut chewing.
6. Age and heredity.

Sign and Symptoms of Cancer.

1. Ulcer ,irritation in mouth , lip or throat.
2. White or Red patch in oral cavity.
3. Feeling that something is caught in throat.
4. Difficulty in chewing/swallowing.
5. Numbness in tongue/lower lip.
6. Poorly fitting denture due to swelling in jaws.
7. Pain in ear without hearing loss.

PROPER ORAL HYGIENE.

- Proper oral hygiene can prevent tooth loss , periodontal disease and tooth decay.





A lifetime of proper hygiene improves quality of life



Teeth Brushing Technique

What is the right way to brush-

- Proper brushing takes at least 2 min.
- Use short gentle strokes.
- Make a 45 degree angle between brush and tooth surface .
- Clean the outer surface of upper teeth , then lower teeth .
- Clean the chewing surface.
- Make sure to brush your tongue







- Type of toothbrush –
- Soft bristles with small head.



- How often should I replace my tooth brush
- When begin to wear or every three months , whichever comes first.
- How important is the tooth paste?
- According to the need and choice.





THANK YOU

FOR YOUR PATIENCE




WELCOME
DENTAL CLINIC


WHEN TO VISIT A DENTIST?
Visit your Dentist if you have,
Sensitive Teeth
Bleeding Gums
Bad Breath
Loosening of Teeth


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HAVE REGULAR DENTAL CHECK-UP EVERY 6 MONTHS

Dental Hygiene



- Reduces possible sources of infection and maintains integrity of teeth and gums
- Promotes a better appetite
- Identifies the correct use of topical and oral medications

Dental Visits

- All patients should be encouraged to regularly visit the dentist, at least once every 6 months
- Patients should disclose HIV status to their dentists
- Preventive, restorative, palliative, rehabilitative services should be provided.



Mouth Care

- Involves the teeth, gums, palate and tongue
- Patients should be encouraged to:
  - Brush teeth, at least twice/day or after meals
    - Soft toothbrush, replace every 1 – 2 months
  - Use toothpaste that contains fluoride
  - Floss after meals (be cautious with low platelet counts)
  - Regularly use an alcohol – free mouthwash
  - Moisturize and lubricate lips and mucosa as needed .

