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Diploma in Pharmacy 1st Year

Social Pharmacy

Experiment

To Study and Understand the oral Health and Hygiene

Aim:

To Study and Understand the oral Health and Hygiene

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Anshu , “ Practical Manual of Social Pharmacy ” Published by Nirali Prakashan , Pg.No 19 - 21

Theory :

Oral Hygiene is the practice of keeping one's Mouth Clean and free of diseases and other problems (e.g. bad breath) by regular brushing of the teeth (Dental Hygiene) and Cleaning between the teeth. It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath.

The most common types of dental diseases are tooth decay (Cavities, dental caries) and gum diseases etc.

The main method of prevention of various oral diseases like dental caries & Gum diseases etc, is by effective plaque removal self-Oral Hygiene Maintenance is Mainly by tooth Brushing, mouthrinses and Flossing.

Objectives of Tooth Brushing :- The Main Objectives of tooth brushing include : To Prevent Plaque Formation , Plaque Removal, Cleaning the Tongue, Massage the gingival tissue.

Brushing technique : Brushing is the main method of self removal of plaque and debris by an individual.

1. **The Base Cleaning Method :** It is the most accepted and effective method for the removal of dental plaque present adjacent to and underhealth the gingival

margin. It is most Adaptable for open interpromint areas cervical areas beneath the height of contour of enamel exposed root surface. It is Recommended for Patients With or without Periodental involvement.

Technique : The Bristles are placed at a 45° angle to the gingival and moved in small circular motion Strokes are repeated around 20 times, 3 teeth at a time on the lingual aspect of the anterior teeth, the brush is inserted vertically and the heel of the brush is pressed into the gingival sulci and proximal surface at a 45° angle. The bristles are then activated occlusal surface are cleaned by pressing the bristles firmly against pit and fissures and then activating the bristles.

Advantages

- Effective method for removing plaque.
- Provides good gingival stimulation.
- Easy to learn.

Diadvantages

- Overzeolous brushing may convert very short storkes into scrub technique of brushing and cause injury to the gingival margin.
- Time Consuming.
- In certain patints dexterity requirement is too high.

2. **Modified Base Technique :** This Method differs from base Techniques in that it has sweeping motion from cervical to incisal or occluded surface.

Techinques : This Technique Combins the vibratory & circular movements of the base technique with the Sweeping motion of the roll techniques. The Tooth brush is held in such a way that the bristles are at 45° to the gingival Bristles are gently vibrated by moving the brush handle in a back & forth mation. The bristles are then swept over the sides of the teeth towards their occlusal surfaces in a single motion palatal position on incisors. Intrasulciular position of the brush at 45° angle to the long axis of the tooth.

Advantages

- ◆ good inter proximal and Ginival cleaning
- ◆ Good gingival Stimulation
- ◆ Excellent sulcus cleaning

Disadvantages

- Dexterily of wrist is required.
 - Toothbrush positioned on facial and maxilloproximal Surfaces of Maxillary molars palatal position on molars and pre molars.
3. **Floss After brushing** : As important as brushing is, flossing your teeth every day is just as important Flossing will help to remove plaque and food particles between teeth and at the gum line and hard to reach places Be gentle Threading the floss carefully between the tooth and braces wire, then work it slowly back and forth under the braces Too much force can damage your braces be careful, take your time and get under the gum line.

Ways to keep your Teeth Healthy

- ✓ Don't go to bed without brushing your teeth
- ✓ Brush Properly
- ✓ Use a Fluoride toothpaste
- ✓ Treat flossing as important as brushing
- ✓ Consider Mouthwash
- ✓ Drink more water
- ✓ Limites sugary and acidic foods
- ✓ See Your dentist at least twice a year

Result : Understood about the oral hygiene.