

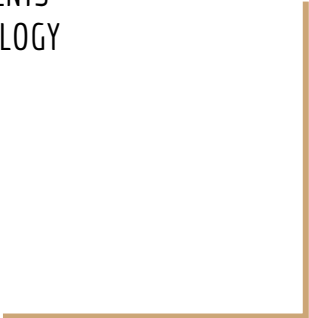


Moving Forward With A Smile

IT IS IMPORTANT TO MAINTAIN OUR ORAL HEALTH!

PRESENTED BY DENTAL HYGIENE STUDENTS
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It benefits every individual to...

- Have an attractive smile.
 - This is usually our first impression when meeting someone!
- Keep healthy.
 - Our oral health affects our overall systemic health.
- Save money.
 - By maintaining our oral condition, we will generally spend less money on restorative work and/or routine doctor visits.

TODAY WE WILL
LEARN ABOUT:

1. Why it is important to keep our mouths healthy
2. Foods that are harmful and helpful to our teeth
3. Toothbrushing techniques
4. Supplementary Aids

Teeth!

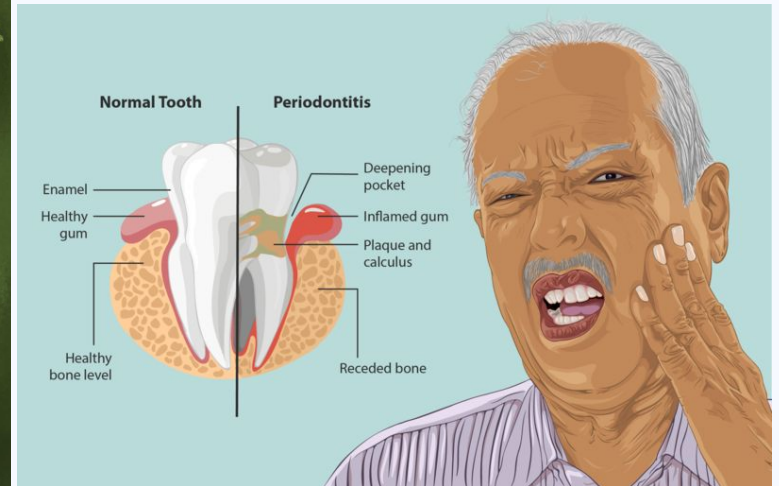
- We need them to eat with
- They are important for maintaining our facial structure
- Our mouths give us a first look at our overall health
- Like any other organ, teeth are an essential part of our bodies
- It is a common conception that it is normal to lose our teeth as we get old...this is not true!



Why is it important to clean our teeth?



Poor oral hygiene leads to:

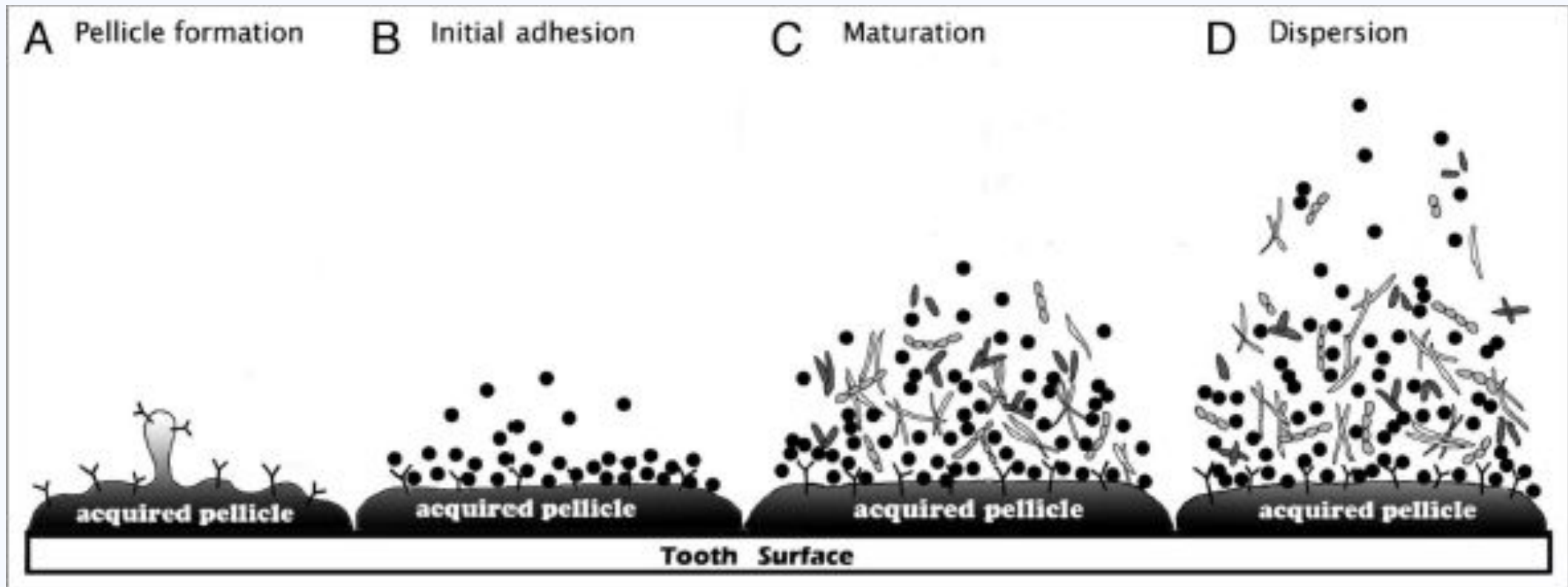


➤ Gum Disease

➤ Decay/Cavities

➤ Tooth Loss

BIOFILM/PLAQUE--FORMATION

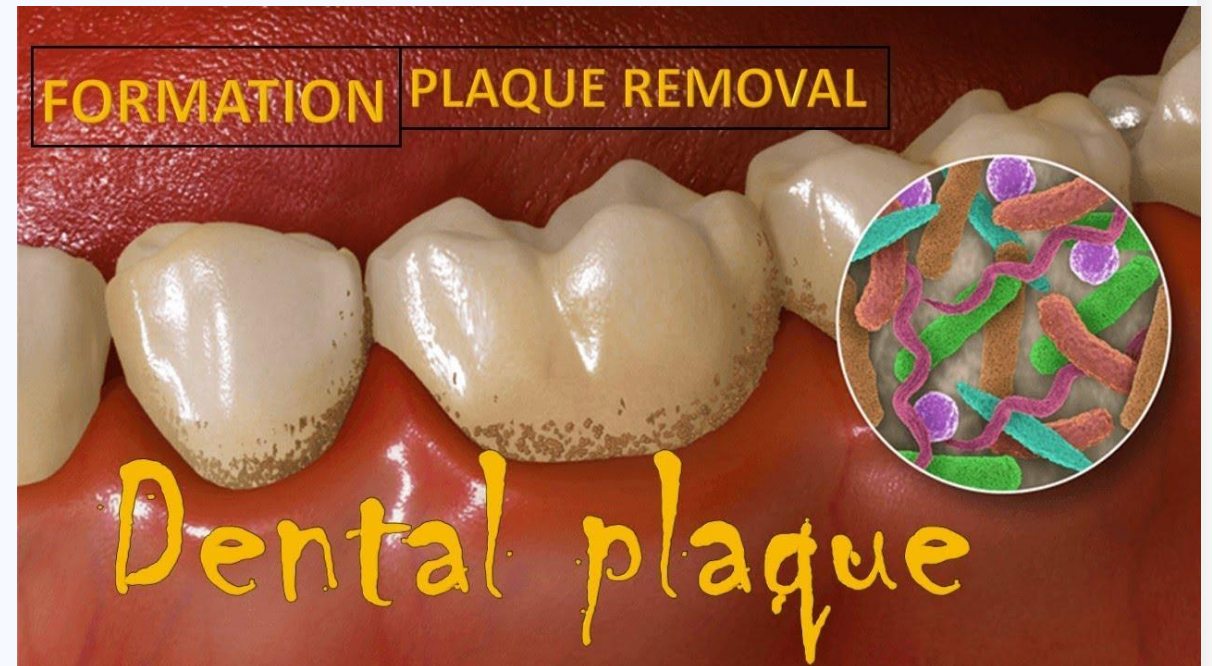







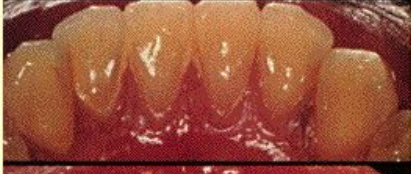



WHAT CAUSES GUM DISEASE?

- Biofilm/Plaque
- Calculus



CALCULUS

CALCULUS GRADING SCALE

	0 No calculus
	1 TRACE Trace levels of calculus at gingival margin or between teeth
	2 SLIGHT Calculus deposits 1 mm or less
	3 MODERATE Calculus deposits 1 to 2 mm, but covering less than one third of the tooth surface
	4 HEAVY Calculus deposits greater than 2 mm, may extend over soft tissues, or may bridge teeth

Foods That Damage Your Teeth



- Citrus fruit and Juice - orange, lemon
- Sticky food-dry fruits
- “Crunch”- potato chips
- Carbonated drink - soda
- Sports drinks



Foods That Good For Our Teeth?

- Dairy products - cheese, milk, yogurt
- Lean Proteins - Egg, fish, poultry
- Veggies & fruits
- Nourishing Nuts - almonds
- Drink - water (especially fluoridated water)



Image credit: istockphoto.com/ansonmiao

Toothbrushing Techniques

- <https://www.youtube.com/watch?v=rqAdceHE5CI>



- Bass - for everyday use
- Charter - for bridges, crowns and orthodontic treatment
- Modified Stillman - for recession
- Fones - for small children with limited dexterity

Bass method

- BRISTLES ARE INSERTED UNDER THE GUMS AT A 45° ANGLE
- USE A GENTLE WIGGLING MOTION FOR AT LEAST 10 STROKES
- BRUSH ABOUT THREE TEETH AT A TIME, COVERING ALL TOOTH SURFACES

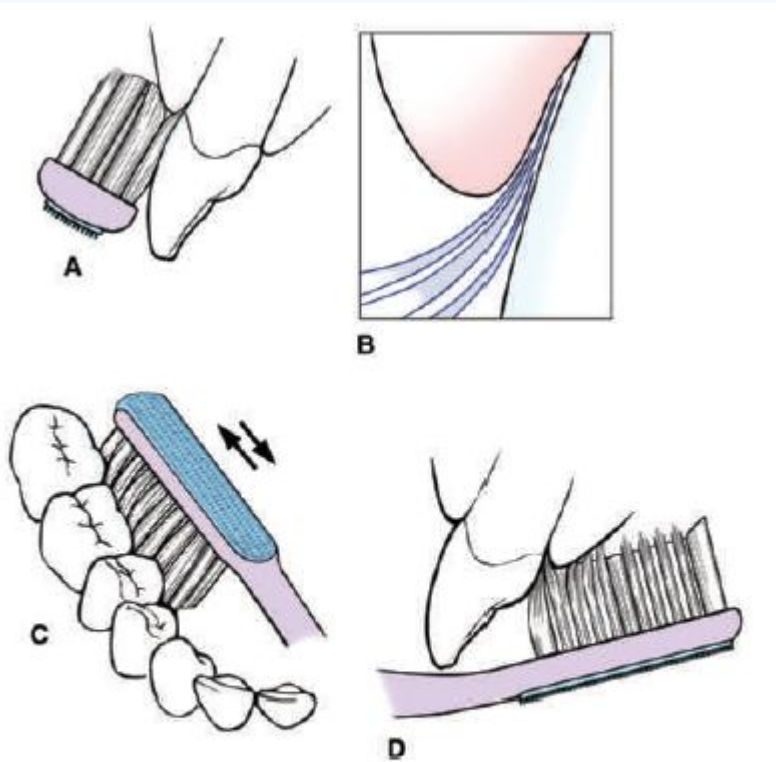


FIGURE 28-5 Sulcular Brushing. **A:** Filament tips are directed into the gingival sulcus at approximately 45° to the long axis of the tooth. **B:** Brushes designed with tapered filaments reach below the gingival margin with ease. **C:** Brush in position for lingual surfaces of mandibular posterior teeth. **D:** Position for palatal surface of maxillary anterior teeth.

STILLMAN & CHARTER'S METHODS

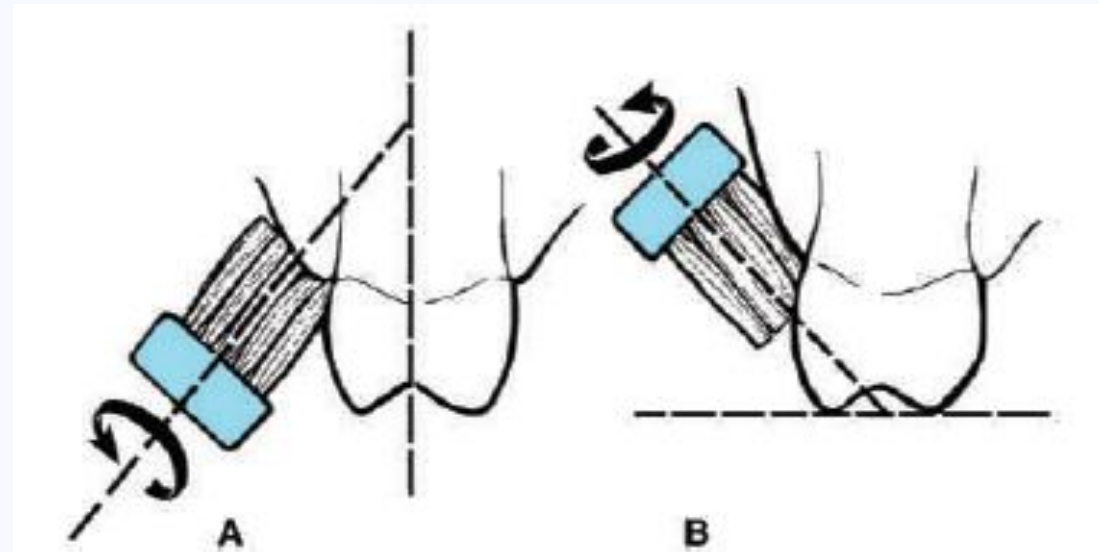


FIGURE 28-7 Stillman and Charter's Methods Compared. **A:** Stillman: The brush is angled at approximately 45° to the long axis of the tooth. **B:** Charter's: The brush is angled at approximately 45° to the occlusal plane, with brush tips directed toward the occlusal or incisal surfaces.



Fone's Method

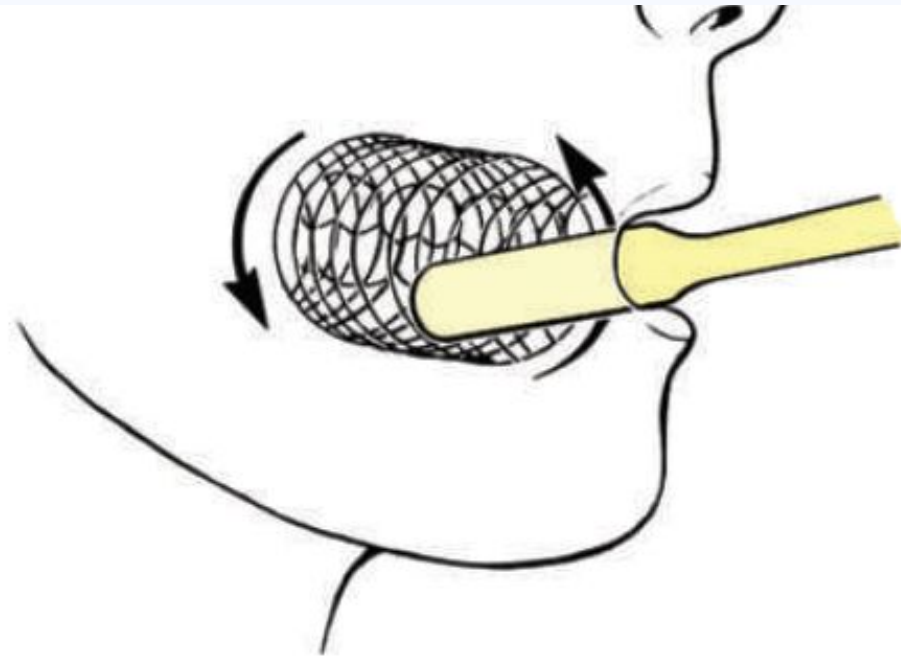


FIGURE 28-8 Fones Method of Brushing. With the teeth closed, a circular motion extends from the maxillary gingiva to the mandibular gingiva using a light pressure.

ELECTRIC TOOTHBRUSH

- ❑ Battery powered or rechargeable motors
- ❑ Back and forth or rotation motions
- ❑ Pressure sensor
- ❑ Timer
- ❑ Several modes- regular, whitening, deep clean

How to use it?

Guide and contour the brush to cover all tooth surfaces

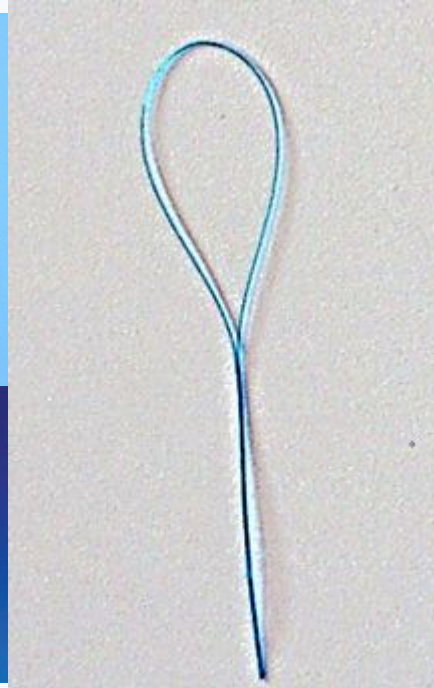


SUPPLEMENTARY AIDS

- What are these?
 - Cleaning tools besides the toothbrush
- Purpose?
 - Beneficial for hard-to-reach areas
 - Interdental area
 - Posterior portions of the mouth
 - Fits different needs
 - Restorative work
 - Orthodontic treatment

INTERDENTAL AIDS

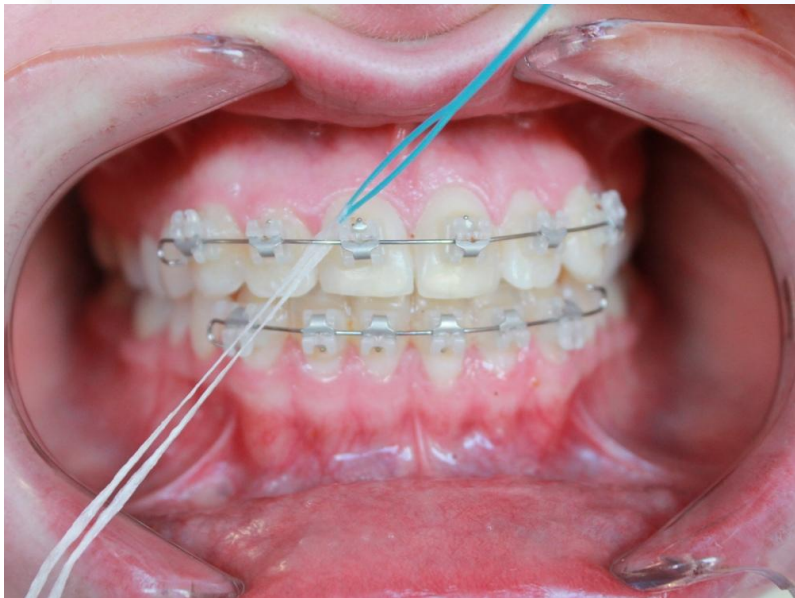
- Floss
- Floss holder
- Floss threader
- Soft picks



Braces



Braces Care



Hidden Truth



TONGUE CLEANERS

(Teeth only make up 20%
of our mouths)



SWISH and SWALLOW

always rinse after eating



4 RULES FOR GOOD TEETH



1 EAT NOURISHING MEALS, AVOID SWEET, STICKY SNACKS in between. Milk products, eggs, meat, fish, whole-meal cereals, vegetables and fruit are good.



2 CLEAN TEETH IMMEDIATELY AFTER EATING. When brushing is not possible, finish meal with an apple or "swish and swallow" with water.



3 FLUORIDE BUILDS STRONG, SOUND TEETH, reduces decay by 65%. Where household water is deficient, children should take fluoride in tablet form.



4 VISIT YOUR DENTIST REGULARLY to keep your teeth and gums healthy. Six-monthly inspection will reduce dental disease and lower cost.

PRODUCED BY THE DENTAL HEALTH EDUCATION AND RESEARCH FOUNDATION

When should we clean our teeth?

- At least twice a day, morning and night
- When you cannot brush, rinsing is helpful
- The American Dental Association recommends brushing for two minutes
- It is important to maintain regular visits to the dentist, about every six months

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THANK YOU!

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