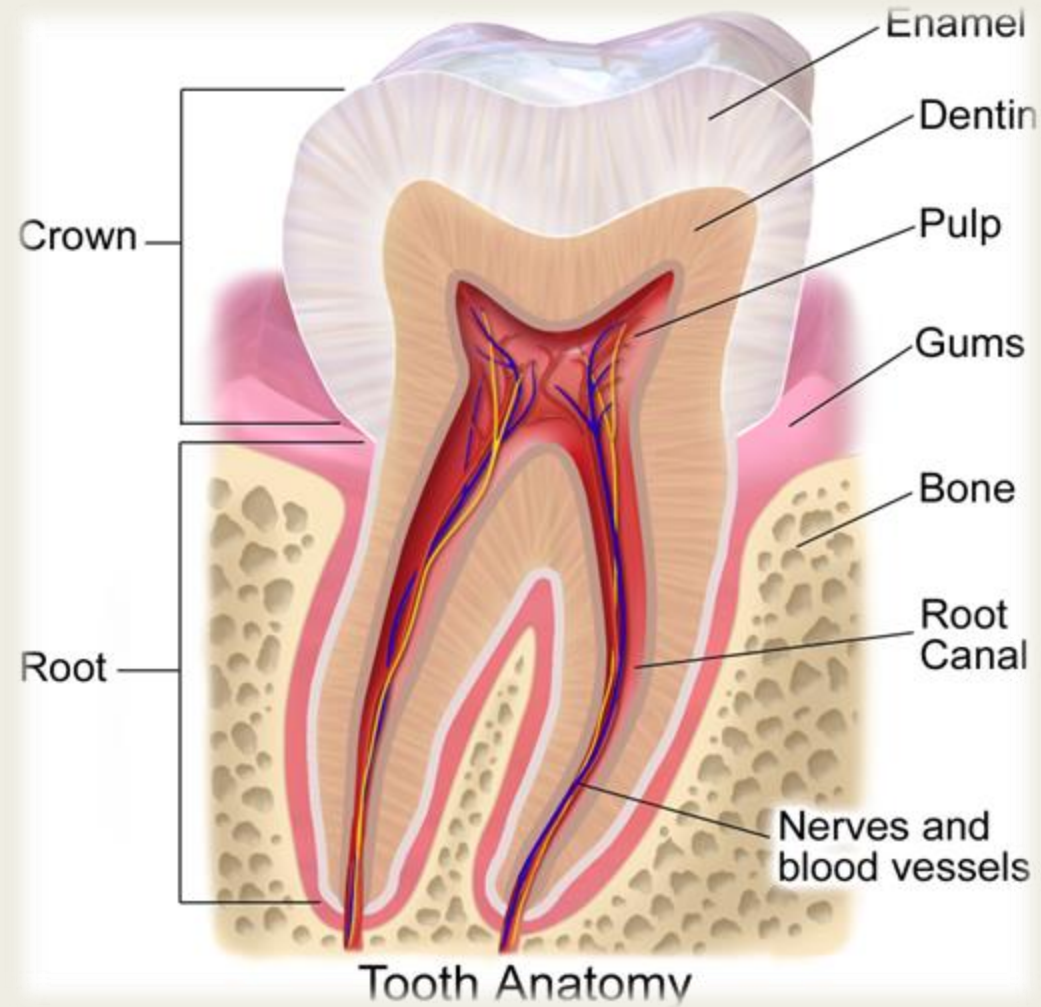


DENTAL HEALTH EDUCATION



DR. SANUJEET MANTRY
DENTAL SURGEON

Anatomy of Oral Cavity :



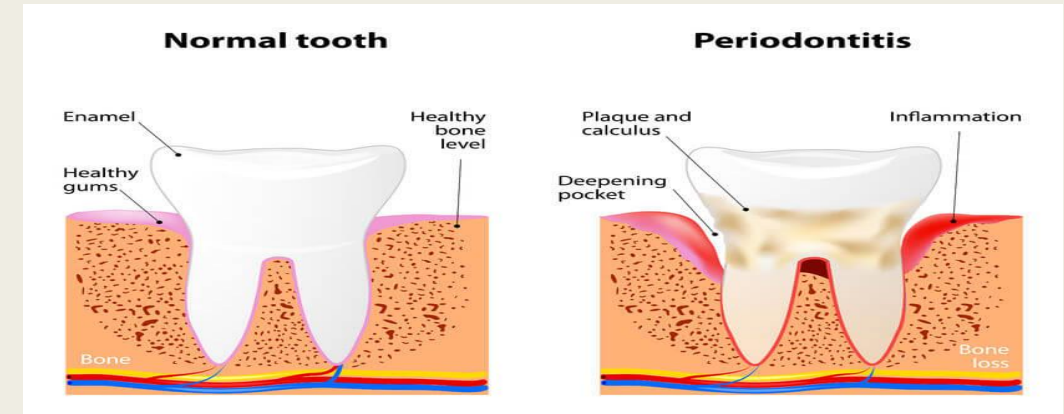
Oral Hygiene & Why you Should Keep it:

Oral hygiene includes all the processes for keeping mouth clean and healthy.

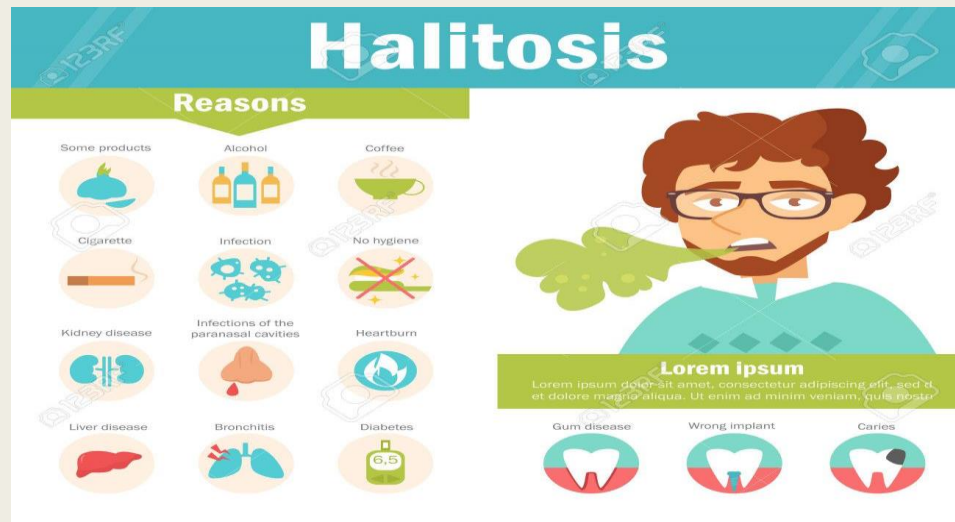
Good oral hygiene is necessary for prevention of



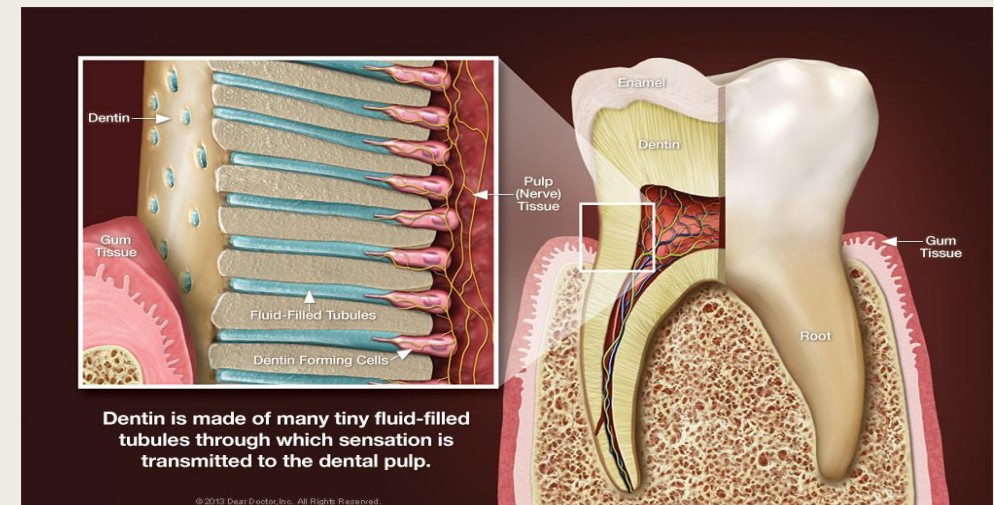
Dental Caries



Periodontitis



Bad Breath



Sensitivity

9 Most Common Dental Problems

Gum disease

Mouth sores

Tooth decay

Bad breath

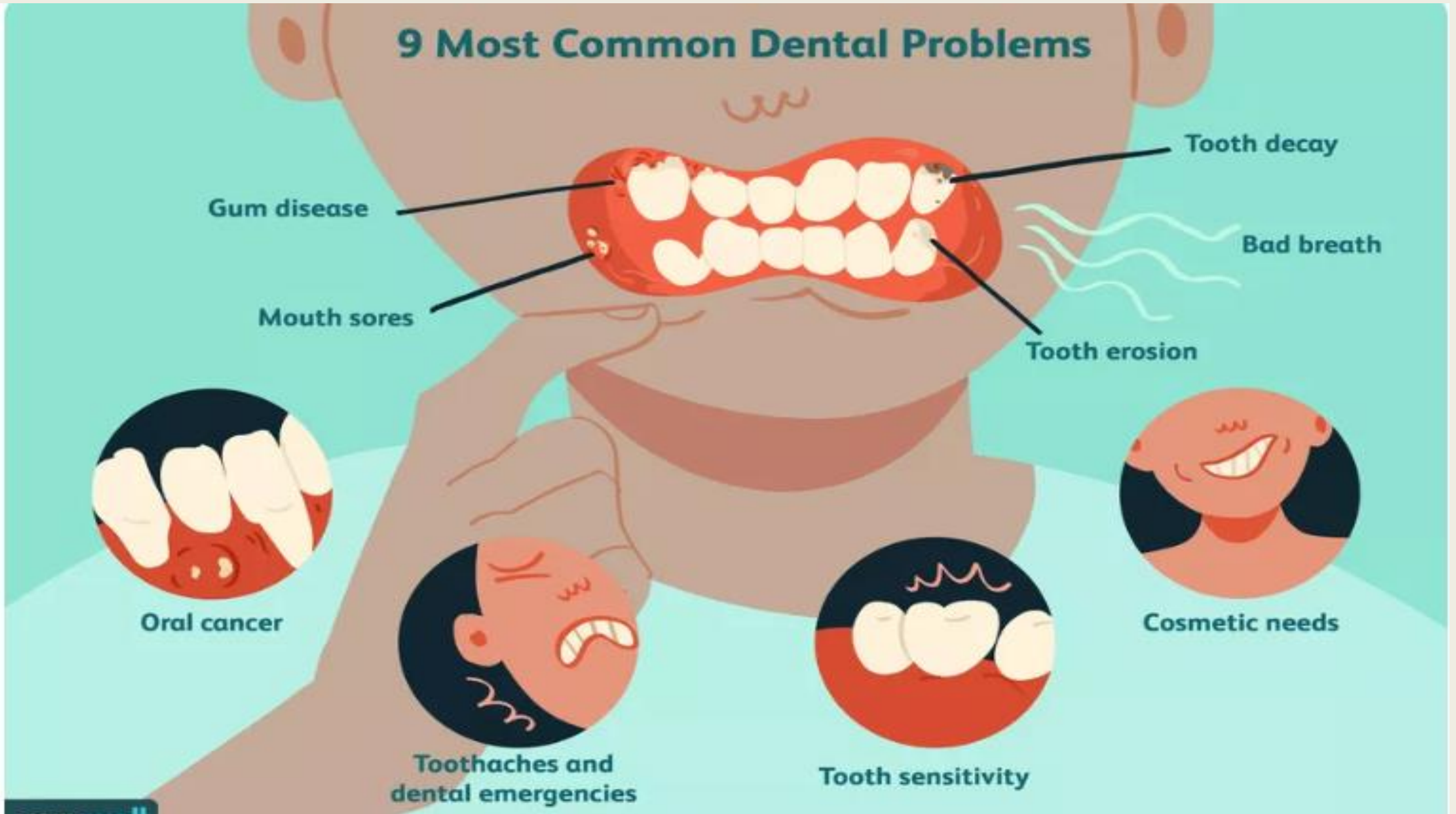
Tooth erosion

Oral cancer

Toothaches and
dental emergencies

Tooth sensitivity

Cosmetic needs



Basic steps for maintaining Oral hygiene:

1. Brushing your teeth (at least twice a day or after every meal)
2. Floss your teeth regularly
3. Proper diet
4. Rinsing
5. Regular dental checkups

Proper brushing method:



1. For thorough but gentle cleansing, use a soft toothbrush



2. Hold your brush at a 45° angle. Begin by brushing the outside of the front teeth. Use a gentle back-and-forth motion.



3. Next, brush the outside back teeth, starting along the gumline.



4. Inside back teeth. Use short, angled brush strokes.



5. Inside front teeth. Tilt the brush vertically; use an up-and-down motion.



6. Chewing surfaces. Hold the brush flat. Use a gentle scrubbing motion.



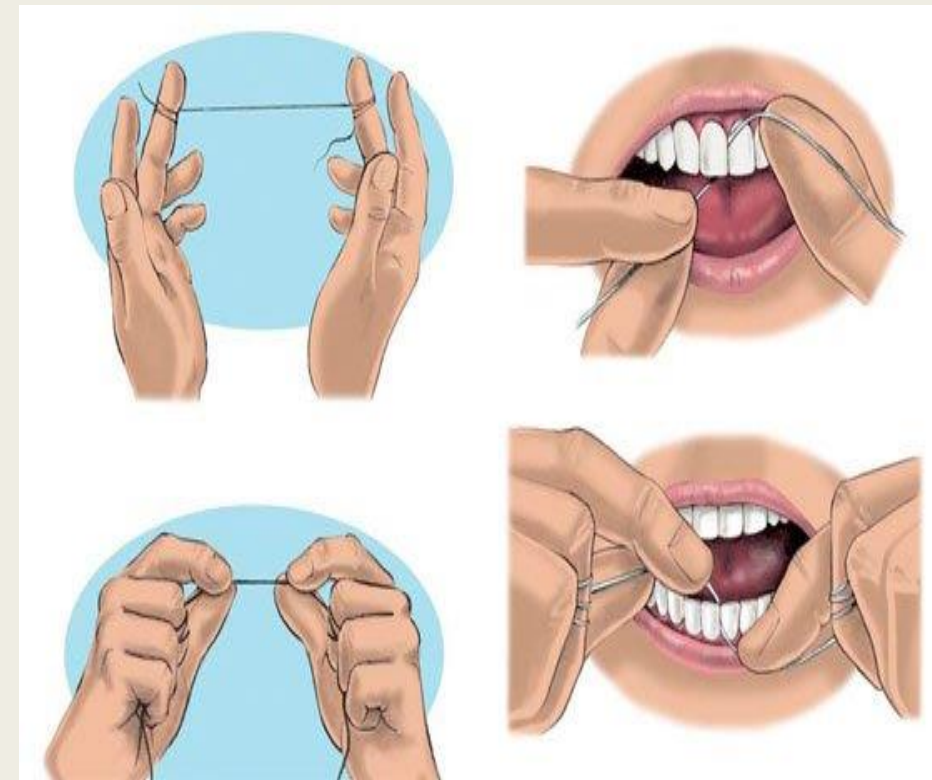
Flossing:

METHOD:

1. Use an arms length (18 inches) of floss.
2. Wrap around fingers
3. Floss each tooth forming a “C” shape with the floss each time.
4. A new area of floss should be introduced into each gingival pocket.
5. Don't forget to floss behind your last molar.

REASONS FOR FLOSSING:

- Flossing removes plaque from behind your teeth that brushing misses.
- Flossing helps prevent periodontal disease by removing plaque.



Proper Diet:

1. Avoid foods that are high in sugar content.
2. Carbonated drinks are more acidic than non carbonated drinks; hence more dangerous.
3. Foods like potato crisps tend to stick in the grooves; stay for an extended period and cause decay.
4. Avoid excessive intake of fruit juices (can be very acidic). They can be diluted with water.



Regular dental check-up's:

- Good oral hygiene should be a joined effort between you and your dentist.
- Your dentist, if visited regularly, will detect and prevent any problem before it becomes hazardous for you.
- Regular dental checkups are an essential part of dental hygiene routine for young and old alike.

1. Dental Cleaning:

Dental cleaning gets rid of any food particles stuck in the back of your mouth that could lead to a cavity.



2. Stay Free of Plaque or Tartar:

The formation of plaque or tartar can lead to dental disease and a dentist will ensure that your gums are free of them.



WHY ARE REGULAR DENTAL CHECK-UPS NECESSARY?



4. Check for Major Dental Diseases:

A dental checkup includes checking for dental diseases like periodontitis, gingivitis, oral cancer and more.

3. Early Detection of Cavities:

Regular checkups will identify any cavities before they erode your tooth and damage your tooth nerve.

