

UNDERSTANDING GOOD DENTAL HYGIENE

ASK: Understand good oral hygiene.

CONDITIONS: Question and discussion based training

STANDARDS: Understand the importance of good oral hygiene.

UNDERSTANDING GOOD DENTAL HYGIENE

How do you maintain good oral hygiene?

- **Brushing**

- Brush twice a day with a fluoridated toothpaste.
- Use a soft bristle toothbrush, replace every 3 months or after a cold.
- Brush in circular movements for at least 2 minutes.
- Brushing removes 85% of plaque.

- **Floss**

- Once a day.
- Prevents gum disease.
- Toothpicks are not a replacement for flossing.
- Swish and spit with water if no floss.

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How do you maintain good oral hygiene?

- **Diet**

- Drink plenty of water, this slows the process of plaque forming.
- Eat or drink sugar free products; limit sports drinks.
- Consume plenty of Vitamin D and Calcium.

Tobacco Usage:

- Choose to quit.
- Use in moderation.
- If dipping, alternate areas of the mouth.
- Using tobacco products will cause staining of the teeth, bad breath, unhealthy gums and hairy black tongue.

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Failure to maintain good oral hygiene:

Stress, eating disorders, grinding your teeth, medications and hormones can cause damage to your teeth. It can also cause your gums to become unhealthy and they may start to bleed.

- Cavities
- Gingivitis – Red swollen gums, may bleed when touched.
- Periodontal Disease – Gums recede and bone loss.
- Abscess – collection of puss by/near tooth or root, infection can spread throughout the body.
- ANUG (Acute Necrotizing Ulcerative Gingivitis) – Really bad breath caused by dead, rotted gums.