

# ORAL HYGIENE & DENTAL CARE

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**GENERAL DENTAL  
AWARENESS**

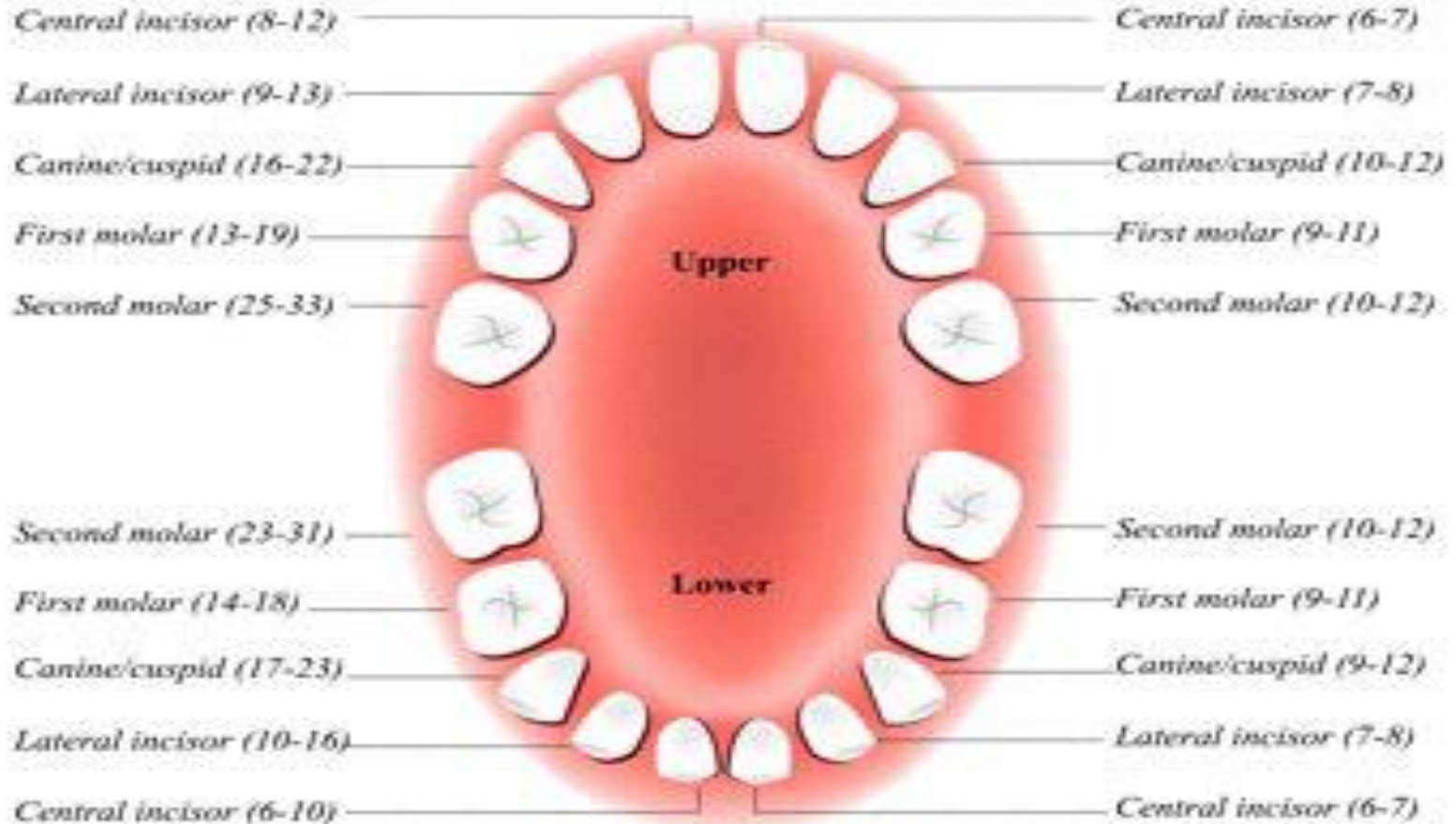
o HOW MANY TEETH ARE THERE  
IN OUR ORAL CAVITY OR  
MOUTH??

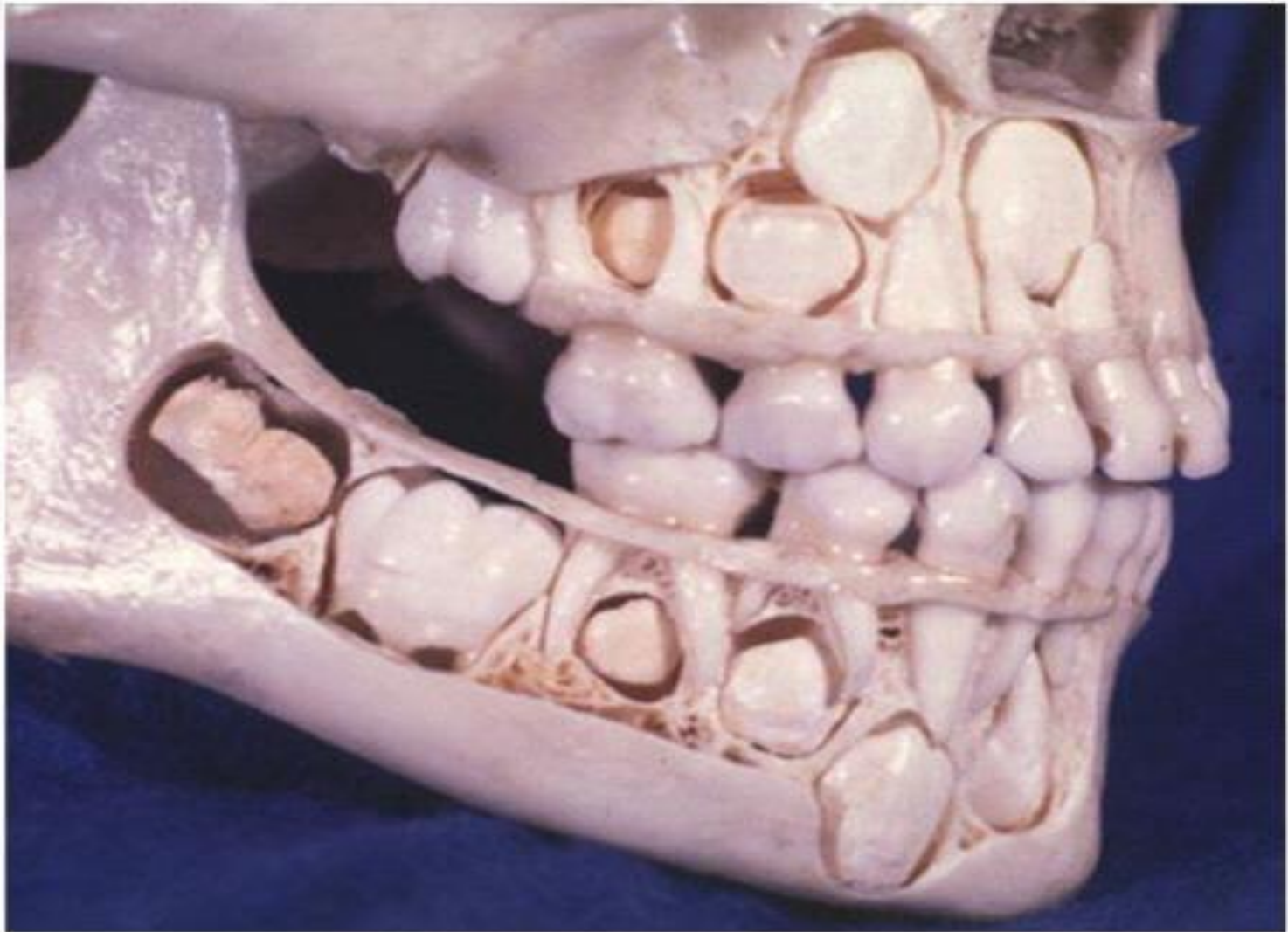


# Children dental chart

Eruption (month)

Shedding (year)





a child's skull before losing baby teeth.





# TYPES OF HUMAN TEETH



**Incisor**



**Canine**



**Premolar**

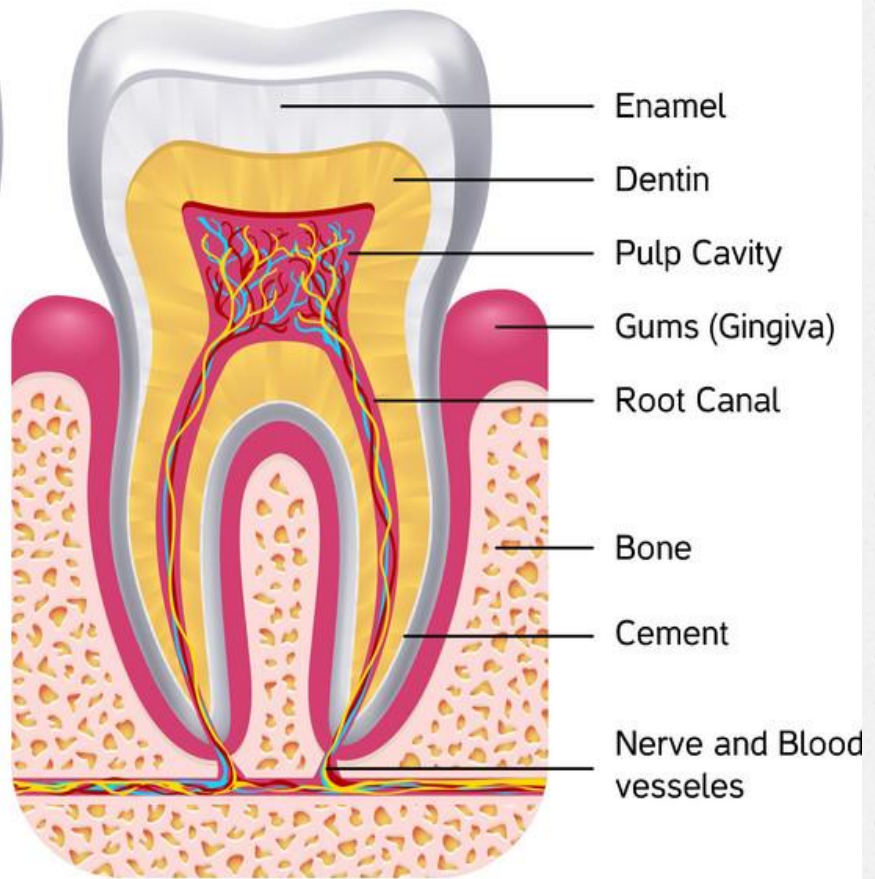
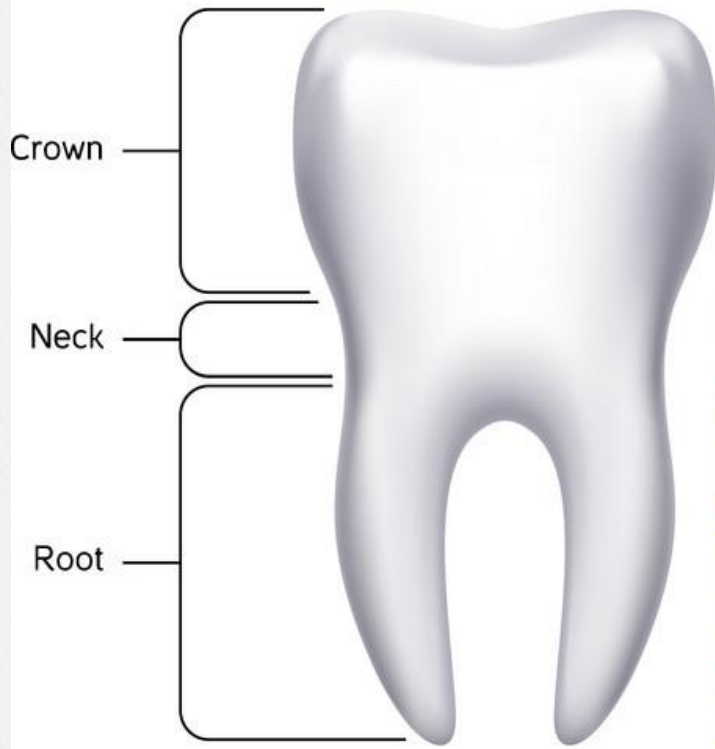


**Molar**

# Structure of teeth

- o **Enamel (topmost layer)**
  - o The hard material on the outer surface of the tooth.
- o **Dentin (middle layer)**
  - o Below the enamel – the bonelike material that surrounds the sensitive inner parts of the tooth.
- o **Pulp (innermost layer)**
  - o Tissue that contains nerve endings and blood vessels.





# TOOTH ANATOMY

# ORAL HYGIENE MAINTENANCE

- o Oral hygiene includes all the processes for keeping mouth clean and healthy. Good oral hygiene is necessary for prevention of dental caries, periodontal diseases, bad breath and other dental problems.



# Importance of good oral hygiene

- o Prevention is always better than cure. Good oral hygiene habits will keep away most of the dental problems saving you from toothaches and costly dental treatments.

# By maintaining good oral hygiene we can prevent

- o Dental caries
- o Gingivitis
- o Periodontitis (Pyorrhoea)
- o Halitosis (Bad Breath)



# Basic steps for maintaining oral hygiene:

- o Brushing your teeth (at least twice a day or after every meal)
- o Floss your teeth regularly
- o Proper diet
- o Other interdental cleaning (Interdental brushes)
- o Rinsing with Mouthwashes
- o Regular dental checkups

# Brushing:

- o Always use a soft bristled toothbrush
- o Use anti-cavity Fluoride toothpaste
- o Hold toothbrush at a 45-degree angle at the gum line, brushing in a circular motion. This sweeps plaque out of the gingival pocket
- o Brush teeth for a minimum of two minutes at least twice a day.
- o Brush gums and tongue along with your teeth.
- o Don't brush too hard because this can cause gingival (gum) recession.



# 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.



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



- o **4.** Inside back teeth. Use short, angled brush strokes.





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



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

## INTERDENTAL CLEANING AIDS

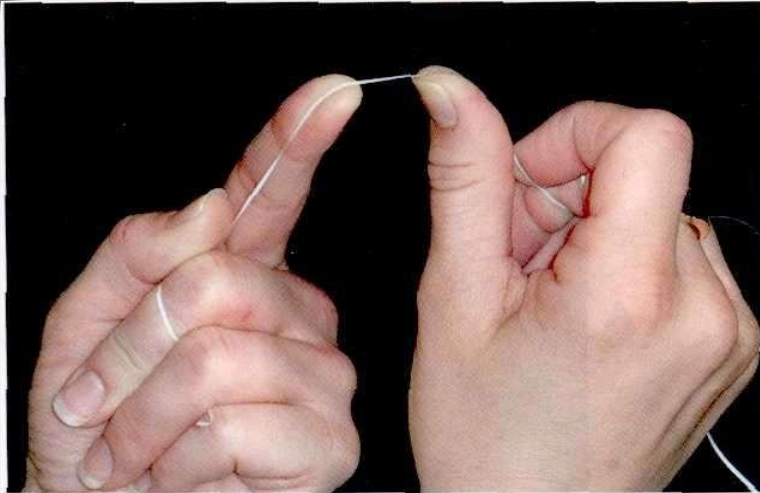
- ❖ Many tools are available for interproximal cleaning.



## DENTAL FLOSS

- ❖ Dental floss is the most widely recommended tool for removing plaque from proximal tooth surfaces.
- ❖ Floss is available as a multifilament nylon yarn that is twisted or nontwisted, bonded or nonbonded, waxed or unwaxed, and thick or thin.





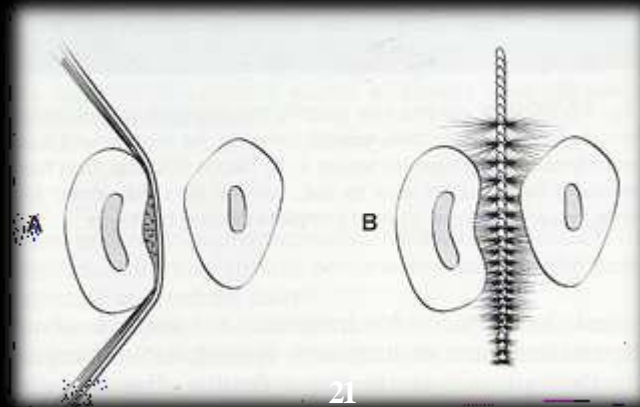
Dental floss should be held securely in the fingers or tied in a loop. (12-18 “)

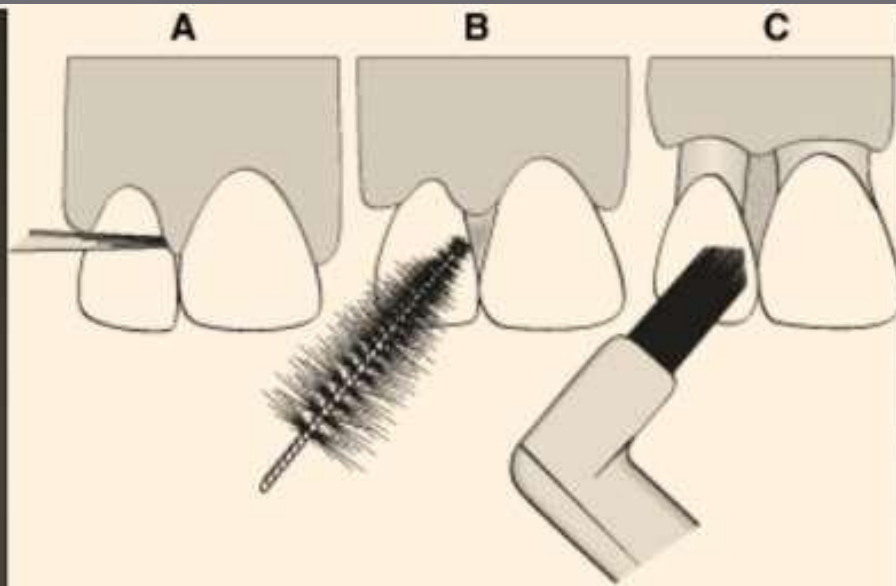
**Dental floss technique.**  
The floss is slipped between the contact area of the teeth, is wrapped around the proximal surface, and removes plaque by using several up-and-down strokes.



## INTERDENTAL BRUSH (PROXY BRUSH)

- ❖ Interdental brushes are conical shape brushes made of bristles mounted on a handle / single tufted brushes.
- ❖ Suitable for cleaning large, irregular, or concave tooth surfaces adjacent to wide interdental spaces.
- ❖ Inserted inter-proximally and are activated with short back and forth strokes in between the teeth.

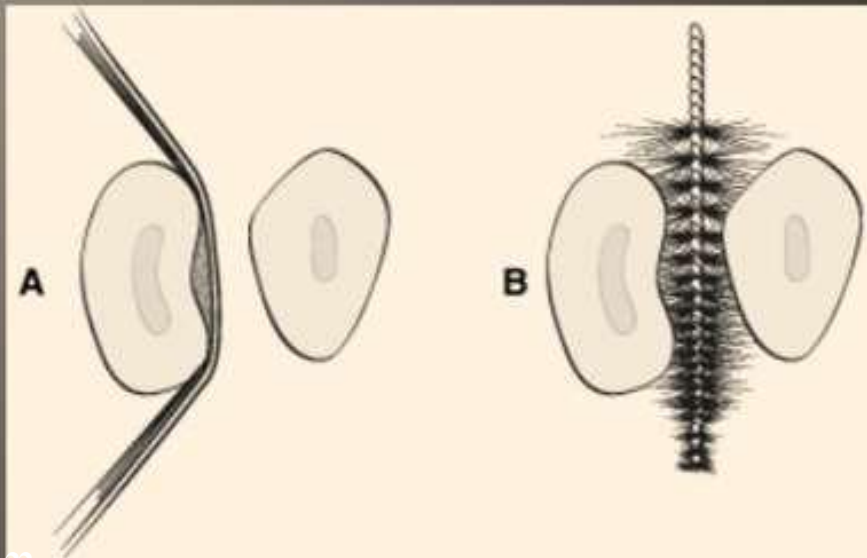




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Interproximal embrasure spaces vary greatly in patients with periodontal disease. In general, A, embrasures with no gingival recession are adequately cleaned using dental floss; B, larger spaces with exposed root surfaces require the use of an interproximal brush; and C, single-tufted brushes clean efficiently in interproximal spaces with no papillae.

Cleaning of concave or irregular proximal tooth surfaces. Dental floss (A) may be less effective than an interdental brush (B) on long root surfaces with concavities.



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# TONGUE CLEANER

Tongue brushing has been advocated as part of daily home oral hygiene together with tooth brushing and flossing,

The bacterial accumulations on the dorsum of the tongue may also be the source of bad breath.



## GINGIVAL MASSAGE

- ❖ Massaging the gingiva with a toothbrush or an interdental cleaning devices produces epithelial thickening, increased keratinization, and increased mitotic activity .

# Proper Diet:

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



## CHEMICAL PLAQUE CONTROL WITH ORAL RINSES

- ❖ Chemical plaque control can augment mechanical plaque control procedures.



## HOW TO PRESCRIBE A MOUTHRINSE

- ❖ Dispense the prescribed amount of mouthwash
- ❖ Pour it into the mouth.
- ❖ Close your mouth to create a seal
- ❖ Do not swallow the mouthwash
- ❖ Swish it through your teeth for 30 seconds to a minute and then spit



## MOUTHWASHES AVAILABLE IN INDIA

- ❖ Colgate → Colgate Plax Peppermint Mouthwash (Rs 85 – Rs 99 /250ml)
- Colgate Plax Complete Care Mouthwash (Rs 100 – Rs 112/250ml)
- Colgate Plax Sensitive Mouthwash (Rs 105 – Rs 112 / 250ml)
- Colgate Plax Fresh Tea (Rs 105 – Rs 112 /250ml)





## MOUThWASHES AVAILABLE IN INDIA

- ❖ Listerine → Listerine Fresh Burst Mouthwash (Rs 95 – Rs 100 /250ml)
  - Listerine Original Mouthwash (Rs 98 – Rs 100 /250ml)
  - Listerine Cool Mint Mouthwash (Rs 100 – Rs 102 /250ml)



## CHLORHEXIDINE MOUTHWASHES AVAILABLE IN INDIA



- Colgate® PerioGard® Rinse
- Acclean® Chlorhexidine gluconate 0.12% oral rinse
- Rexitidine mouth wash

# COMMON DENTAL PROBLEMS

- o Dental caries (cavities)
- o Gum diseases (gingivitis)
- o Impacted tooth (wisdom tooth problem)
- o Root canal Treatment
- o Halitosis (bad breath)
- o Crooked tooth (irregular tooth)
- o Missing tooth (Replacing of missing tooth)
- o Staining of teeth





# DENTAL CARIES

# DENTAL DECAY PROCESS



**Bacteria /  
Germs**

**+**



**Food, Drink,  
Sugars, Sweets**

**=**



**ACID  
Produced**

**Healthy  
Tooth**



**+**



**ACID**

**=**



**Cavity**

# Some pictures....





# Before & After.....



# Gum Disease(Gingivits)

- **Gingivitis** ("inflammation of the gum tissue") is a non-destructive periodontal disease.
- In the absence of treatment, gingivitis may progress to periodontitis, which is a destructive form of periodontal disease



# Some examples





# Impacted tooth(Wisdom tooth)

- A **wisdom tooth**, is usual known **third molars**.
- Wisdom teeth usually appear between the ages of 16 and 25.
- Wisdom teeth commonly affect other **teeth** as they develop, becoming impacted or "coming in sideways." They are often **extracted** when this occurs

# Some pictures...



**Angular**



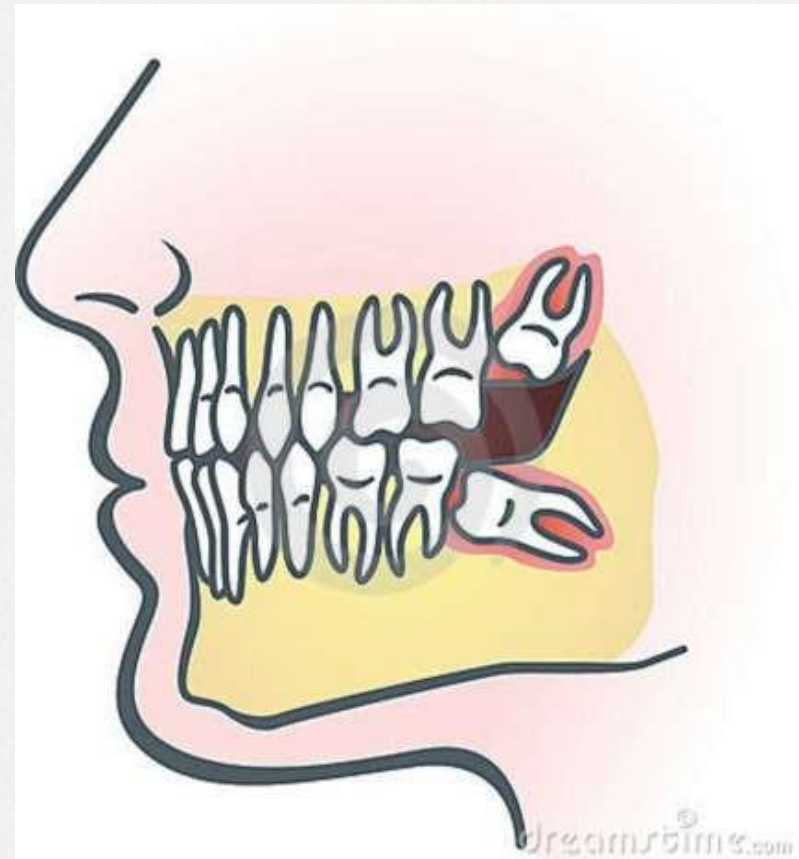
**Partial Eruption**



**Horizontal**



**Vertical**





# Grossly decayed tooth...





# Root Canal Treatment

- **Root canal**, is a sequence of treatment for the pulp of a tooth
- This set of procedures is commonly referred to as a **Root canal Treatment(RCT)**.

# Root Canal Treatment



Healthy tooth:



Decayed tooth:



RCT treatment:



Restored tooth:

# Halitosis

- **Halitosis**, colloquially called **bad breath**, is a symptom where a noticeably unpleasant odor is present on the exhaled breath.



# Causes of Halitosis

- **The most common cause of bad breath is the food you eat.** Garlic, onions, some kinds of fish, and diets rich in fat and meat can all result in halitosis.

# Causes of Halitosis

- Smoking, chewable tobacco, alcohol, dentures, mouth breathing.....
- chronic lung or sinus infections
- mouth infections such as thrush (candidiasis)
- Systemic diseases such as diabetes, liver disease, or kidney disorders
- pregnancy

# Irregular tooth(Orthodontics)

- Teeth in irregular position lead to an undesirable appearance, and smile.
- To correct such problems, one has to go through this treatment. Wires and brackets help to move teeth from their current position to the correct position.
- Orthodontic treatment helps in improving the oral health condition and facial bone development too.



# Pics....



□ **Avoid Tobacco:**

- This is mainly due to smoking, and apart from its hazardous side effects, tobacco and tar in the smoke stain the teeth and make your breath stink. Mouth cancer can also occur due to the cancerous elements found in smoke.



# Oral hygiene Instructions

- **Regular visits to the dentist:** This is important as your dentist can keep progress of your overall oral health, and advice appropriately should a particular situation occur. Visit your dentist for every 6 months.
- **Replace tooth brushes:** Toothbrushes tend to wear out after some time, and should be replaced every 2 months. A worn out one is not effective in cleaning your teeth, and should be discarded.



# Teeth bleaching



# Scaling/ cleaning/ oral prophylaxis

- o Done to remove hard stone like deposits from the teeth
- o Should be performed once in a year

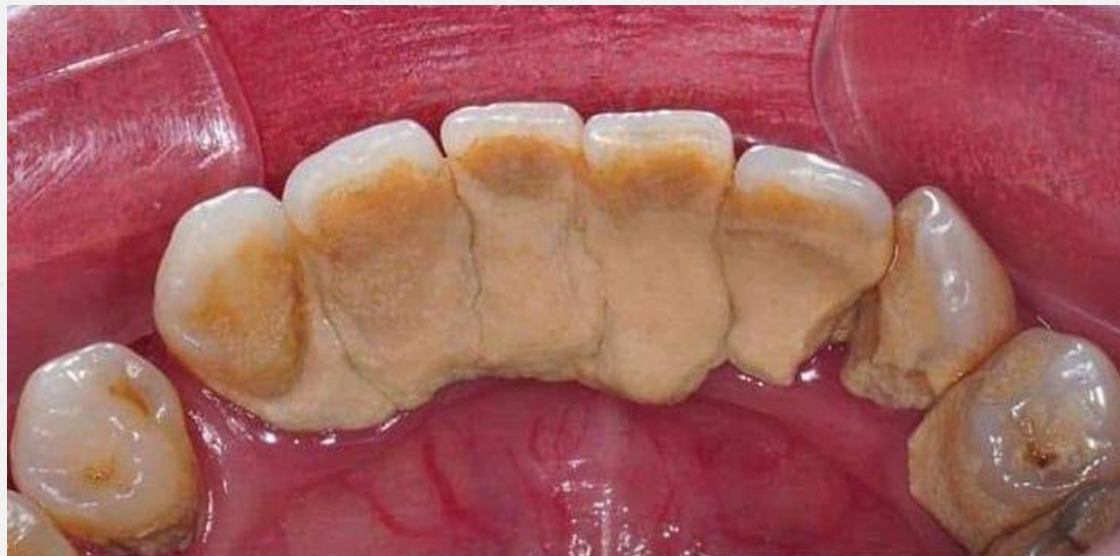


Before

After







# CROWNS AND BRIDGES









# TYPES OF CROWNS



**Full metal**



**Porcelain fused to metal**



**Zirconia**



**All-ceramic / All-porcelain**

# Implants in Dentistry

- A **dental implant** is a "root like" device, usually made of titanium, used to support restorations that resemble a tooth or group of teeth to replace missing teeth.
- Dental implants will fuse with bone.



# Some Pictures





# Implant supported denture



# Replacing single tooth





# Replacing multiple teeth





# FULL MOUTH REHABILITATION



A lifetime of proper hygiene  
improves quality of life





**THANK YOU  
FOR YOUR  
ATTENTION**

**GOOD LUCK!**

For further enquiries

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