

Excellent Oral Hygiene





Teeth Cleaning

Teeth cleaning is the removal of **dental plaque** and **tartar** from **teeth** to prevent **cavities**, **gingivitis**, and **gum disease**.

Severe gum disease causes at least one-third of adult **tooth loss**.

Generally, dentists recommend that teeth be cleaned professionally at least twice per year.

Professional cleaning includes **tooth scaling**, **tooth polishing** and, if too much tartar has built up, **debridement**.

This is usually followed by a fluoride treatment for children and adults.

Between cleanings by a dental hygienist, good oral hygiene is essential for preventing tartar build-up which causes the problems mentioned above.

This is done by carefully and frequently brushing with a **toothbrush** and the use of **dental floss** to prevent accumulation of plaque on the teeth.

How do we clean?



Inter dental brushing

Periodontologists nowadays prefer the use of inter-dental brushes to dental floss. Apart from being gentler to the gums, it also carries less risk for hard dental tissue damage. There are different sizes of brushes that are recommended according to the size of the inter dental space.

It is desirable to clean between teeth before brushing to enable easy access for the saliva /fluoride mix to re-mineralize any de-mineralized tooth often resulting from food left on teeth after every meal or snack. This helps prevent tooth decay.



Flossing:

The use of dental floss is an important element of the oral hygiene, since it removes the plaque and the decaying food remaining stuck between the teeth.

This food decay and plaque cause irritation to the gums, allowing the gum tissue to bleed more easily.

Flossing is recommended at least once per day, preferably before bedtime, to help prevent receding gums, gum disease, and cavities between the teeth.





• Tongue Cleaning:

Since it removes the white/yellow bad breath generating coating of bacteria, Cleaning the tongue as part of the daily oral hygiene is essential, decaying food particles, fungi (such as Candida), and dead cells from the under area of tongue. Tongue cleaning also removes some of the bacteria species which generate tooth decay and gum problems.



Gum care

Massaging gums with toothbrush bristles is generally recommended for good oral health.

Oral irrigation

Dental professionals usually recommend oral irrigation as a great way to clean teeth and gums.

Oral irrigators can reach 3-4 mm under the gum line, farther than toothbrushes and floss.

And, the jet stream is strong enough to remove all plaque and tartar. The procedure does leave a feeling of cleanliness and freshness, and does disrupt more plaque or bacteria than floss since it cleans deeper



What affects the health of our teeth?

Food and drink

Foods that help muscles and bones also help teeth and gums. Breads and cereals are rich in vitamin B while fruits and vegetables contain vitamin C, both of which contribute to healthy gum tissue .

Lean meat, fish, and poultry provide magnesium and zinc for teeth. Some people recommend that teeth be brushed after every meal and at bedtime, and

flossed at least once per day, preferably at night before sleep. For some people, flossing might be recommended after every meal. Some foods like fruit and sugar confection are acid forming.



What affects the health of our teeth?

Chewing

Chewing obviously forces food between teeth generally displacing previously trapped food so it is a good idea to chew tooth friendly foods before and after meals or snacks to reduce acid de-mineralization and even re-mineralize de-mineralized tooth as when chewing celery that forces saliva into trapped food to dilute sugar, neutralize acid and re-mineralize de-mineralized tooth.

However over 80% of cavities occur inside pits and fissures on chewing surfaces of back teeth. So it is clear that acid forming foods cause these cavities and if fissure sealants are places over these surfaces to block food being trapped inside pits and fissures, acid de-mineralization and tooth decay cannot progress.



Beneficial foods

Some foods may protect against cavities.

Fluoride is a primary protector against dental cavities.

Fluoride makes the surface of teeth more resistant to acids during the process of **remineralisation**.

Drinking fluoridated water is recommended by some dental professionals while others say that using toothpaste alone is enough.

Milk and cheese are also rich in **calcium** and **phosphate**, and may also encourage remineralisation.

All foods increase saliva production, and since saliva contains buffer chemicals this helps to stabilize the pH to near 7

(neutral) in the mouth. Foods high in fiber may also help to increase the flow of saliva.

Sugar-free chewing gum stimulates saliva production, and helps to clean the surface of the teeth





• ***Detrimental foods***

Sugars are commonly associated with dental cavities.

Other carbohydrates, especially cooked starches, e.g. crisps/potato chips, may also damage teeth, although to a lesser degree since starch has to be converted by enzymes in saliva first.

Sucrose (table sugar) is most commonly associated with cavities.

The amount of sugar consumed at any one time is less Important than how often food and drinks that contain sugar are consumed.

The more frequently sugars are consumed, the greater the time during which the tooth is exposed to low pH levels, at which point demineralization occurs (below 5.5 for most people).

It is important therefore to try to encourage infrequent consumption of food and drinks containing sugar so that teeth have a chance to be repaired by demineralization and fluoride.

Limiting sugar-containing foods and drinks to meal times is one way to reduce the incidence of cavities.

Sugars from fruit and fruit juices, e.g., glucose, fructose, and maltose seem equally likely to cause cavities.



Acids contained in fruit juice, vinegar and soft drinks lower the pH level of the oral cavity which causes the enamel to de-mineralize.

Drinking drinks such as orange juice or cola throughout the day raises the risk of dental cavities tremendously.

Another factor which affects the risk of developing cavities is the stickiness of foods.

Some foods or sweets may stick to the teeth and so reduce the pH in the mouth for an extended time, particularly if they are sugary.



It is important that teeth be cleaned at least twice a day, preferably with a toothbrush and fluoride toothpaste, to remove any food sticking to the teeth. Regular brushing and the use of dental floss also remove the dental plaque coating the tooth surface.

Chewing gum assists oral irrigation between and around the teeth, cleaning and removing particles, but for teeth in poor condition it may damage or remove loose fillings as well. However gum cannot absorb and expel saliva so cannot force saliva inside pits and fissures or between teeth like chewing celery, so cannot easily dilute sugar, neutralize acid and re-mineralize de-mineralized tooth.

It seems there is more in depth analysis is needed into the relationship between food, teeth and plaque bacteria



Other Factors



Smoking and chewing tobacco are both strongly linked with multiple dental diseases.

Regular vomiting, as seen in bulimics, also causes significant damage.

Mouthwash or mouth rinse improves oral hygiene.

Dental chewing gums claim to improve dental health.

Retainers can be cleaned in mouthwash or denture cleaning fluid.

Dental braces may be recommended by a dentist for best oral hygiene and health.

Dentures, retainers, and other appliances must be kept extremely clean.

This includes regular brushing and may include soaking them in a cleansing solution.



Oral hygiene and systemic diseases

Several recent clinical studies show a direct link between poor oral hygiene (oral bacteria & oral infections) and serious systemic diseases. The mouth, after all, is an integral part of the body.

"Teeth have a blood supply, and that blood supply comes from the heart, Some of these diseases are:

**Cardiovascular Disease (Heart attack and Stroke),
Bacterial Pneumonia,
Low Birth Weight,
Diabetes complications,
Osteoporosis.**



Researchers suspect that the bacteria that produce dental plaque enter the bloodstream.

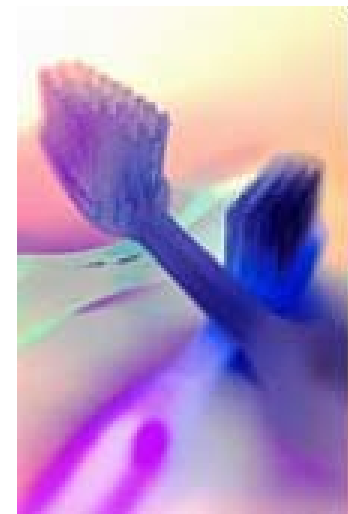
They say these bacteria are somehow associated with the inflammation that occurs with plaque that blocks blood vessels and causes heart disease.

Other researchers have found links between oral bacteria and stroke, diabetes, and the birth of preterm babies and those that have low birth weight.

In addition to preventing disease, flossing and brushing can help keep your

pearly whites intact for more than just cosmetic reasons.

Teeth help you chew food, speak properly, and smile -- which, Accordingly will help you keep your dignity.



HEALTHY TEETH



THE KEY TO A CONFIDENT SMILE