



# Understanding Good Dental Hygiene

TASK: Understand good oral hygiene

CONDITIONS: Question and discussion based training

STANDARDS: Understand the importance of good oral hygiene.

REFERENCE:



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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
- Chew Xylitol gum to reduce plaque
- Consume plenty of Vitamin D and Calcium

Tobacco Usage:

- Choose to quite
- 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.