

Dental Hygiene



DENTAL HYGIENE

- is the activity of keeping your mouth clean in order to prevent dental disorders:
- cavities,
- halitosis,
- periodontitis,
- gingivitis.



Oral hygiene

is something that can and should be taken care of by both you and your dental professional.



Your personal care

should involve two daily tasks of:

- brushing
 - and flossing
- your teeth.



You can also add **mouthwash** to your daily routine to help reduce bacterial count and activity in your mouth

Not only is it important for you to take care of your teeth for health reasons



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... but your pocket book could use the relief as well. Cavities and fillings are not your ideal monetary situation.

Did I mention the **pain** bad dental hygiene can cause?

Your dentist or dental hygienist

can help you with professional care of your teeth

They will use tooth scaling, polishing, and debridement to loosen and remove deposits from your teeth.



It is often difficult

even with regular brushing and flossing,
to clean all the plaque build up on your teeth.
That is why it is important
to have a regular
tooth cleaning
at least once per year
and
ideally twice per year.

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If you don't see a dentist regularly or have not ever been

you need to set up an appointment as soon as possible to discuss what type of treatment you need



Dental Floss

There are two main types of dental floss available.

- thin nylon filaments which are considered regular floss
- plastic ribbon or taped floss.

Tape floss can be gentler on the gums.

Both types are used to remove food and dental plaque from your teeth.

This is achieved by putting the floss between your teeth and scraping it back and forth along the gums and teeth.



The History of Floss

Levi Spear Parmly invented the idea of dental floss by recommending the use of silk floss to clean teeth. The idea wasn't patented until 1898 by the Johnson & Johnson Corp.

Dental floss was not popular until after World War 2, and still isn't compared to tooth brushing. While most Americans brush their teeth almost 50% of Americans do not floss at all .



How to Use Dental Floss

The American Dental Association advises individuals to wrap the floss around the side of each tooth in a "C" shape and wipe from the gumline to the tip of each tooth several times.

This removes the dental plaque attached to the tooth and gumline where brushing cannot get .



The Benefits of Flossing

Flossing along with brushing helps to reduce the bacteria in our mouths.

This will benefit our oral health by preventing periodontal disease, gingivitis, and bad breath.

You could compare brushing your teeth and not flossing to mowing your lawn and not edging.



Types of Dental Floss

- Waxed
- Unwaxed
- Flavored
- Unflavored
- Nylon
- Taped



Find Your Hollywood Smile with Teeth Whitening Everyone

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Everyone dreams of being able to walk into a room of strangers and flash their smile easily captivating everyone's attention in the room with confidence



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Nothing will crush that dream quick...

than a mouth full of grungy, yellow teeth.

However, there is still hope for those with this problem in the cosmetic dental procedure of **teeth whitening**.

There are many methods and procedures for whitening teeth

Some of the possible techniques are:

- Professional Bleaching
- Home Bleaching
- Whitening Toothpastes

Professional Bleaching

Your dentist will perform this procedure in his or her office. This often takes from 30 minutes to one hour.

Your dentist will apply a gel to your gums or a rubber shield to protect them and then apply a bleaching agent to your teeth. He might use a special light or laser to increase the effectiveness of the bleaching agent.



Home Bleaching Products

You can get at-home bleaching products from your dentist or over-the-counter.

Most of these products use a peroxide based gel that is placed inside a mouthguard to be worn overnight for a few weeks. These treatments are generally temporary and effects wear off over time.



Whitening Toothpastes

Toothpastes advertised as "whitening" contain chemicals or polishing agents that provide additional stain removal effectiveness over "regular" toothpastes that use mild abrasives for minor surface stain removal.



Toothpaste

Used to clean and improve the look and health of teeth, toothpaste is made up of a paste or gel.

Using toothpaste improves oral hygiene, aids in removing plaque and food, cures and/or masks bad breath, and delivers ingredients like fluoride to help prevent tooth and gum disease.



History

Toothpaste was introduced into common use around 1800 in Britain. Most toothpastes were homemade, ingredients like chalk, salt, and pulverized brick.

Around 1900, they were making toothpaste with baking soda and hydrogen peroxide.

Now, toothpaste often comes with a mix of ingredients including fluoride and is sold mostly in flexible tubes.

Sometimes it is sold in hard containers that stand up.



Choosing a Toothpaste

With so many different brands and types of toothpastes you can buy, it is often hard to make a good choice. In general, you want a toothpaste that contains fluoride .

If you have sensitive teeth, a desensitizing toothpaste should be used.

There are also tartar control, antimicrobial, baking soda, and whitening toothpastes.



How Does Toothpaste Work?

It acts as an abrasive that scratches and grinds away food and plaque on your teeth when brushing it on with a toothbrush.

Dicalcium phosphate dihydrate is the abrasive substance found in toothpaste that works its magic on your teeth.



Dental hygienist



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A dental hygienist is

a licensed dental professional who specializes in preventive oral health, typically focusing on techniques in oral hygiene.



The dental hygiene process of care

has five steps:

- Assessing the patient
- Dental hygiene diagnosis
- Planning
- Implementation
- Evaluation



"I can recommend a toothpaste to get rid of tea and coffee stains, but I don't know about blood stains."

Assessing the patient:

This includes, but is not limited to, a full review of the patient's medical history, necessary x rays to be taken, a clinical exam, and a periodontal assessment by probing areas of the patients mouth

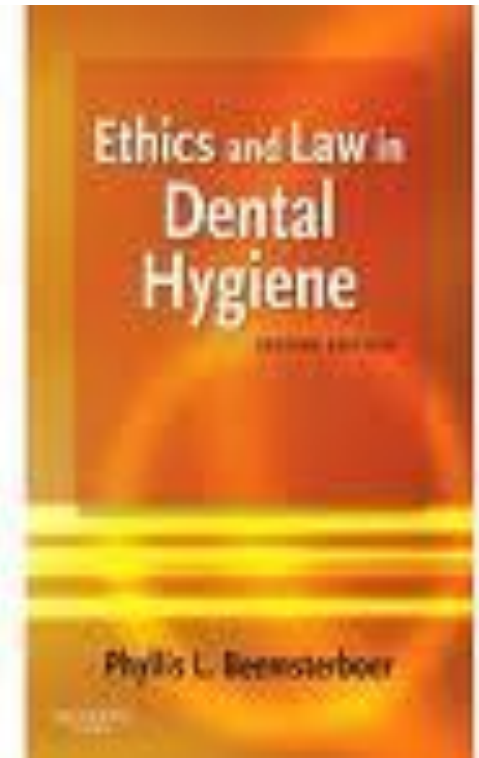
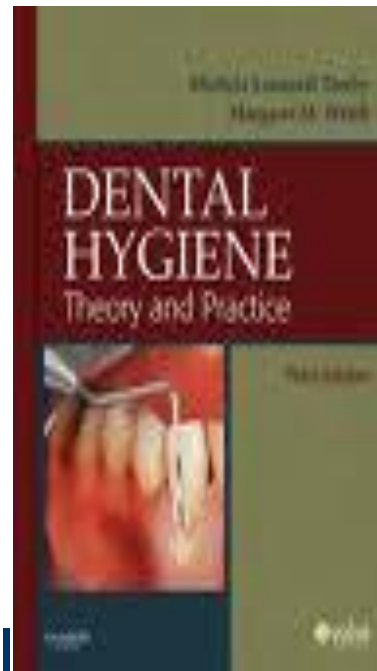


Dental hygiene diagnosis:

- Assessing of data pertaining to a client's condition in terms that will help
 - identify problems so as to lead
 - to a creation of an order
 - to apply available professional
 - therapies.
- 
- The image shows a young girl with blonde hair in pigtails, lying back in a dental chair. A dentist, wearing white gloves, is using a dental mirror to examine the girl's teeth. The girl's mouth is open, and the dentist is holding the mirror in her mouth. The background is a plain, light-colored wall.
- The **diagnosis of disease** in most jurisdictions may only be performed by the doctor.

Planning:

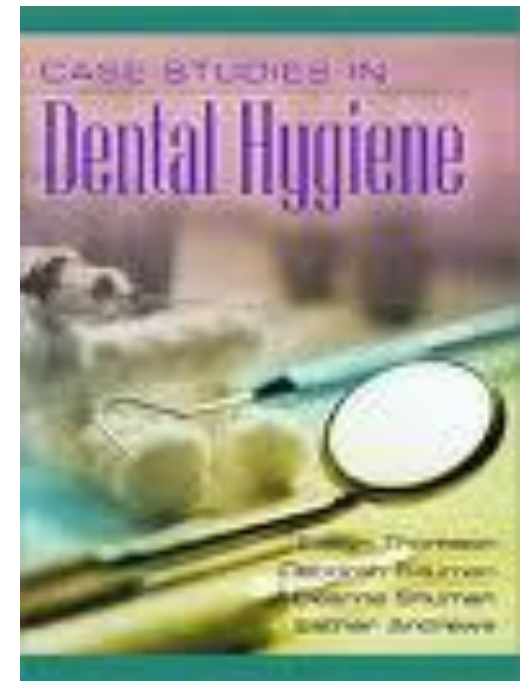
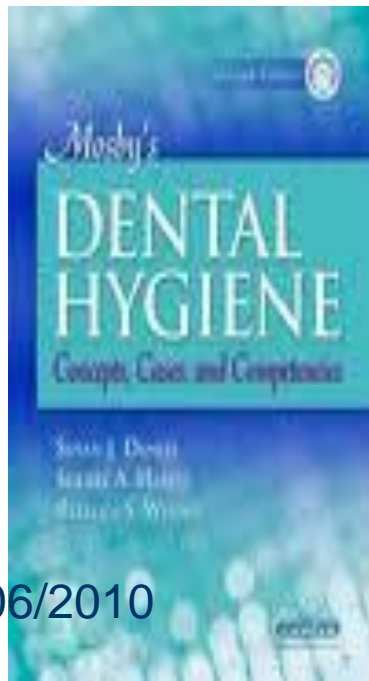
creating a sequential treatment plan for the patient.



The treatment plan will vary based on the patient's immediate needs

Implementation:

Carrying out the plan



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Evaluation:

Determining the effectiveness of the work that was performed



Have a good

DENTAL HYGIENE

And enjoy your SMILE!!!!



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