

Importance of Oral Hygiene Workshop

Milena Gorski RDH
mgorski@plazacollege.edu



What is Oral Hygiene?

Oral Hygiene is keeping your mouth clean and disease free.

It consists of:

- Brushing
- Flossing
- Tongue scraping
- Dental visits 2x a year
- X-rays
- Oral Cancer screening

Preventative care

Oral Hygiene is considered preventative care to make sure we prevent any oral health problems such as gum diseases, halitosis, cavities.

Our oral health is linked to the entire body. Nerve endings are all connected to our brain, and infection from a tooth can be spread throughout our bloodstream and carry the bacteria to other areas of our body.

It is important to keep our gums healthy and teeth clean.

Healthy gums vs. Gingivitis vs. Periodontal Diseases

Healthy gums consists of firm gums and pink color.



Gingivitis is the earliest stage of gum diseases. It is reversible. Plaque and bacteria build up around the teeth causing the gums to be red, swollen, and bleeding.



Healthy gums vs. Gingivitis vs. Periodontal Disease

Periodontal Disease is gum infection that causes bone loss and loss of gum tissue.

Teeth with periodontal disease are looser due to the bone loss, sensitive due to the exposed dentinal tubules and are most likely surrounded by p

- Red gingiva
- Plaque around the tooth
- Bone loss
- Spaces between the teeth
- Halitosis



Diseases linked to poor Oral Hygiene

The diseases that are linked to poor oral health are:

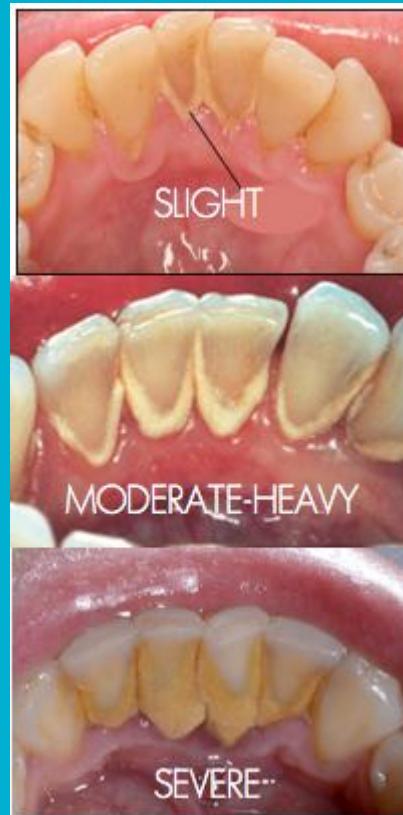
- Cardiovascular disease- Patient needs to premedicate before any dental procedure depending on their heart conditions.
- Stroke
- Endocarditis (inner heart lining)- Patient needs to be premedicated
- Premature birth

Factors and medical conditions that can cause periodontal disease

- Diabetes
- Osteoporosis
- HIV/AIDS
- Alzheimer's Disease
- Individuals who are mentally challenged
- Chemotherapy
- Drugs
- Smoking

What are signs of poor oral health?

- Bleeding gums
- Halitosis
- Loose teeth
- Gum recession
- Tooth decay
- Toothache
- Infections
- Plaque buildup



How to prevent gum disease?

Regular dental check-up such as cleaning 2x a year and x-rays 1x every 12 months is recommended.

If an individual has gum disease and is recommended to see a periodontist or Scaling and Root Planing with hygienist, the individual would come back for their cleanings every 3 months to maintain the mouth clean.

After a cleaning it takes up to 30 days for bacteria to form around the gums and 90 to harden which becomes plaque or calculus. That is why it is recommended to do cleaning at least 2x a year to maintain a healthy oral hygiene.

Types of Toothbrushes

There is hard, medium, and soft bristle toothbrushes.

SOFT bristle toothbrush is the recommended. It does less damage to the gum tissues

Align the toothbrush at a 45 degree angle and brush in circular motions with light force. Do not scrub brush.

Medium and hard bristle toothbrush are usually recommended for patients with dentures.

Types of Toothbrushes

We also have electric toothbrushes. Recommended for patients who are scrub
brusher, or have a hard time brushing properly.

Two big companies:

- Sonicare
- Oral B



Toothpaste

There are many toothpaste brands that can be recommended to a patient. Depending on their conditions or needs we recommend those that would help.



Flossing

Flossing is an essential part of oral hygiene, it removes debris in places that a toothbrush cannot reach. There are many different types of floss that can be used.

- Waterpik waterflosser
- Interdental brushes
- Regular floss
- Floss pick



Flossing Devices



Tongue Scraper

The oral cavity consists of the tongue where bacteria also likes to accumulate. It is important to keep the tongue clean. Tools such as tongue scraper or brushing your tongue can help improve the oral hygiene.



Oral Rinses

There are many different types of oral rinses depending on the patients conditions we will recommend the best one.

Patients with periodontal disease might be prescribed chlorhexidine to use to help with gum healing.



Oral Rinses



Oral Health During Pregnancy

- Oral hygiene during pregnancy is incredibly important for both the mother and the baby. Hormonal changes during pregnancy can affect the gums and teeth, making good oral care even more essential.
- Hormonal Changes and Gum Health
 - Pregnancy hormones can increase blood flow to the gums, making them more prone to swelling, bleeding, and infection. This can lead to a condition called pregnancy gingivitis, which causes gums to become red, inflamed, and bleed easily. If not managed, it could lead to more severe gum disease (periodontitis).
- Impact on Pregnancy Outcomes
 - Poor oral health, especially gum disease, has been linked to preterm birth and low birth weight. Research suggests that bacteria from gum infections can enter the bloodstream and potentially affect the pregnancy, increasing the risk of complications.



Increased Risk During Pregnancy

- Increased Risk of Cavities:
 - Pregnancy can also affect oral health in other ways. Some pregnant women experience an increase in cravings for sugary foods or beverages, which can lead to an increased risk of cavities if regular oral hygiene is not maintained.
- Morning Sickness and Teeth:
 - Morning sickness can also affect oral health. The acid from vomiting can erode tooth enamel, making teeth more susceptible to decay. It's recommended to rinse the mouth with water or a fluoride mouthwash after vomiting and wait a bit before brushing teeth to avoid further enamel damage.

Streptococcus Mutans

S. Mutans is the bacteria that causes cavities in the mouth and is the main cause of tooth decay in the oral cavity. This bacteria can be passed on through saliva. It is strongly recommended not to share drinks, utensils, or even kisses with our children if you are prone to cavities because they can be passed on.

How can we keep our kids teeth clean?

- Before the baby even has a tooth, you can take a piece of gauze with water and wipe inside the mouth to keep the gums clean.
- The first tooth is when the oral hygiene should start for a little kid, usually at 6 months the baby will get their first tooth and that is when parents should start slowly introducing the toothbrush.
- It is recommended to start dental visits when the first tooth comes in, but each parent is different.



Cleaning kids teeth



Under 2 years old: Help the toddler brush their teeth 2x a day with a soft bristle toothbrush and a grain size amount of fluoride toothpaste.

Child 3 year and older: Brushing 2x a day, assisting the kids if they need help with a pea size amount of fluoride toothpaste. Floss their teeth or let them floss and guide them through it.

Children 10 years and older: They brush their teeth 2x a day, with a soft bristle toothbrush and floss. Toothpaste with fluoride unless told otherwise.

Baby Bottle mouth

When tooth decay occurs in toddlers and children it is called baby bottle mouth syndrome. Occurs in the anterior upper and lower teeth.

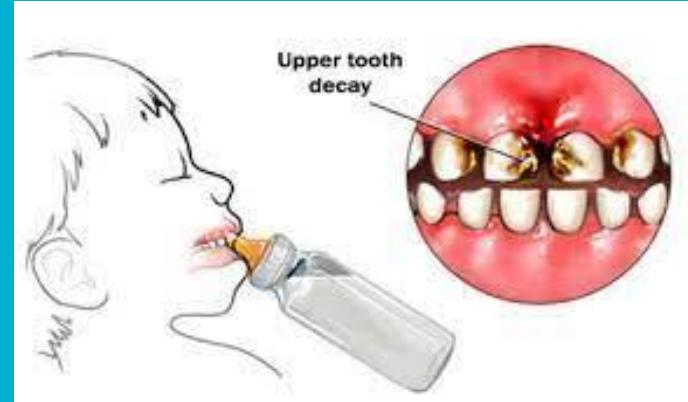


Baby Bottle Mouth



Depending on the severity of the baby bottle mouth syndrome, sometimes toddlers need to get their teeth pulled due to the infection that is caused. It is also prevention of the adult teeth bud from getting damaged.

This can cause misalignment of the adult teeth, speech problems, deficient in nutrients since eating might be challenging.



How to prevent Baby Bottle Syndrome?

- Never put a baby or child to bed with a bottle in their mouth. The milk contains sugar and it stays in the mouth which overtime starts causing decay. Pediatricians recommend putting water in the bottle if the baby is used to a bottle before going to bed.
- Try not filling up bottles with soft drinks, such as sugary juices. Limit the intake of the sugar juices.
- When the child is around 6-8 months, starts filling up their sippy cup with milk instead of bottle so it is easier to wean off but also healthier for the teeth.

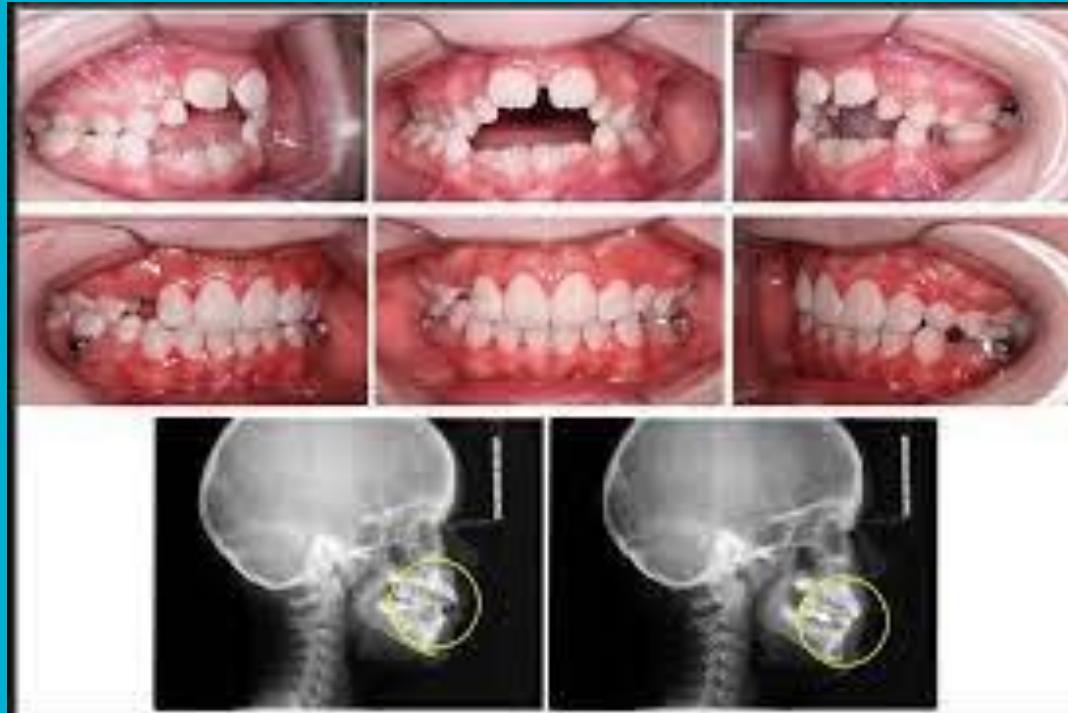
Thumb Sucking

Some children form a habit of thumb sucking. It may seem cute at first but over a long period of time it causes a major problem in the upper jaw. The jaw forms around the time kids build that habit. If not stopped the jaw will form in a shape that will misalign the teeth and jaw problems can occur.

Kids usually have to end up with braces to align their teeth and fix the open bite and bring the upper jaw to normal alignment.



Thumb Sucking



How to encourage children to brush their teeth?

- Let the child pick out their toothbrush.
- Let them choose their favorite toothpaste and rinse.
- Use a timer 2 minutes max. So that the child does not overbrush
- Read books and show videos to the children to encourage them
- Reward them after the end of the week for brushing and flossing daily.





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FOREST HILLS, NY 11375



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SERVICES PROVIDED IN A SAFE ENVIRONMENT WITH ENHANCED PPE AND SAFETY PROTOCOLS. ALL PATIENTS RECEIVE A GOODY BAG AND CERTIFICATE OF PARTICIPATION. SCHOOL DENTAL FORMS COMPLETED, IF NEEDED.

FEBRUARY 2 - MARCH 2

APPOINTMENTS REQUIRED

CHILDREN MUST BE ACCCOMPANIED BY A PARENT OR GUARDIAN

**CALL (718) 779-1432 OR EMAIL SHINYTEETH@PLAZACOLLEGE.EDU
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Organizado por la clínica dental comunitaria de Plaza College

Los niños de 2 a 17 años son elegibles para recibir servicios de higiene dental gratuitos en la clínica dental comunitaria.

PROVEER SERVICIO EN UN AMBIENTE SEGURO CON PROTOCOLOS DE SEGURIDAD Y PROTECCIÓN PROFESIONAL. TODOS LOS PACIENTES RECIBEN UNA BOLSA DE REGALOS Y UN CERTIFICADO DE PARTICIPACIÓN. LOS FORMULARIOS DENTALES DE LA ESCUELA SE COMPLETAN SI ES NECESARIO.

2 DE FEBRERO-2 DE MARZO

SE REQUIERE CITA.

**TENGA EN CUENTA QUE TODOS LOS PADRES O GUARDIÁNES LEGALES DEBEN
ACOMPAÑAR AL NIÑO DURANTE LA CITA**

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PARA OBTENER UNA LISTA DE SERVICIOS Y PARA PROGRAMAR UNA CITA



**Escanear el
codigo QR para
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