

ORAL AND DENTAL HYGIENE

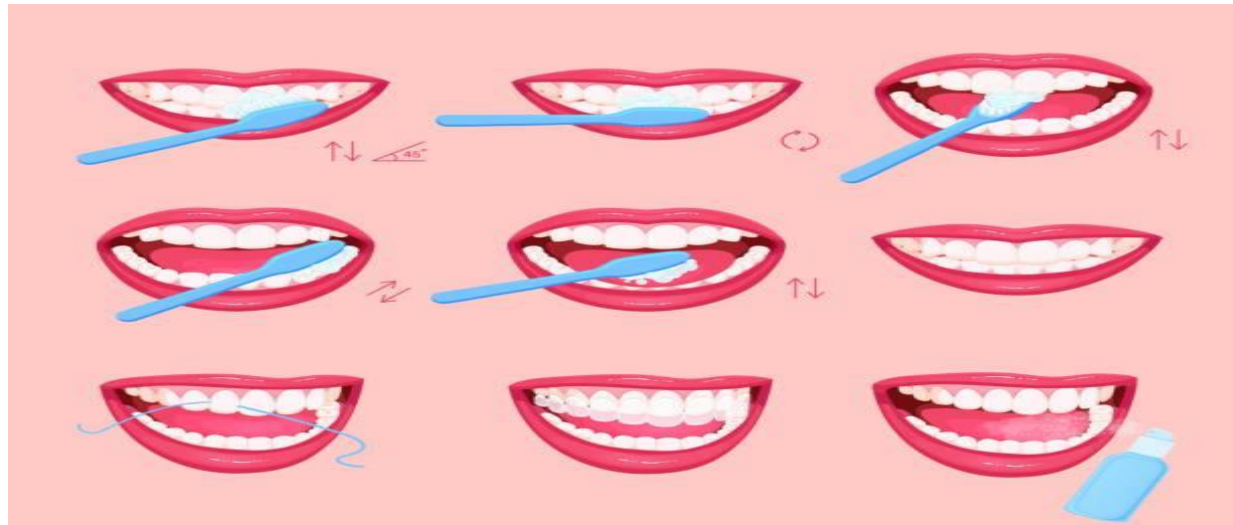
- ▶ **By**
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- ▶ Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems (e.g. bad breath).
- ▶ dental hygiene practice of keeping the teeth clean by regular brushing of the teeth and cleaning between the teeth (interdental).
- ▶ The most common types of dental disease are tooth decay (cavities, dental caries) and gum disease including (gingivitis, periodontitis).



Oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath

- General guidelines for adults suggest brushing at least twice a day with a fluoridated toothpaste, brushing last thing at night. Cleaning between the teeth is called interdental cleaning and is as important as tooth brushing. This is because a toothbrush cannot reach between the teeth and therefore only removes about 50% of plaque from the surface of the teeth. There are many tools to clean between the teeth, including floss, tape and interdental brushes, it is up to each individual to choose which tool they prefer to use.





Bad Breath

bad odors condition in which person's breath is bad ,It's embarrassing and may cause anxiety.

Many causes can lead to bad breath

- *Food and health condition

- *Tobacco products

- *poor dental hygiene

- *Dry mouth

- *Medication

- *Infections in your mouth

- *Other mouth, nose, sinuses or throat, which can contribute to postnasal drip, also can cause bad breath.

- *Other causes such as diseases and metabolic disorders.



CAUSES OF HALITOSIS



Halitosis is caused by bacterial build up in the mouth. This bacteria breaks down foods, creating sulfur by-products which smell much like decaying matter or rotten eggs!

FOODS



GARLIC ONION

COFFEE
SMOKING



DRINKING



POOR ORAL CARE



INFECTION



DRY MOUTH



ACID REFLUX



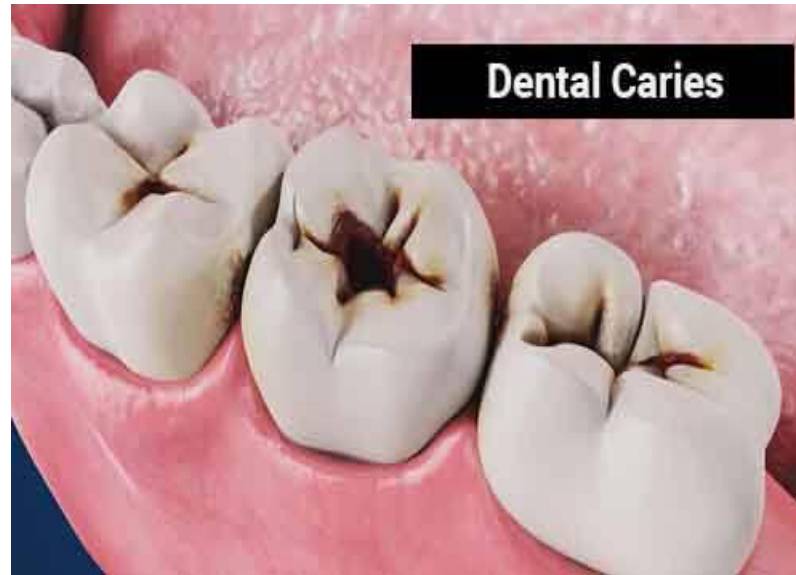
ILLNESS AND DISEASE



GRACE JUN
DENTISTRY

Tooth Decay (Dental_caries)

- is the most common global disease. Over 80% of cavities occur inside fissures in teeth where brushing cannot reach food left trapped after eating and saliva and fluoride have no access to neutralize acid and remineralize demineralized teeth, unlike easy-to-clean parts of the tooth, where fewer cavities occur.



Treatment of tooth decay and bad odor to improve oral and dental hygiene.

- ▶ Teeth cleaning which is the removal of dental plaque from teeth to prevent cavities ,Dental_caries, gingivitis , gum disease ,Periodontitis, and tooth decay.
- ▶ Cleaning tooth by fluoridated toothpaste and mouth rinses.
- ▶ and treatment of dental disease.



Caries



Drilling the tooth



Tooth filling



Healthy tooth

Treatment of bad breath

- ▶ treatment for bad breath can vary, depending on the cause. It may be caused by an health conditions or dental conditions .
- ▶ To reduce or prevent bad breath
- ▶ *Brushing teeth after eat.
- ▶ *Flossing at least once a day
- ▶ *Brushing tongue
- ▶ *Avoid dry mouth
- ▶ *Adjust diet
- ▶ *Regularly get anew toothbrush

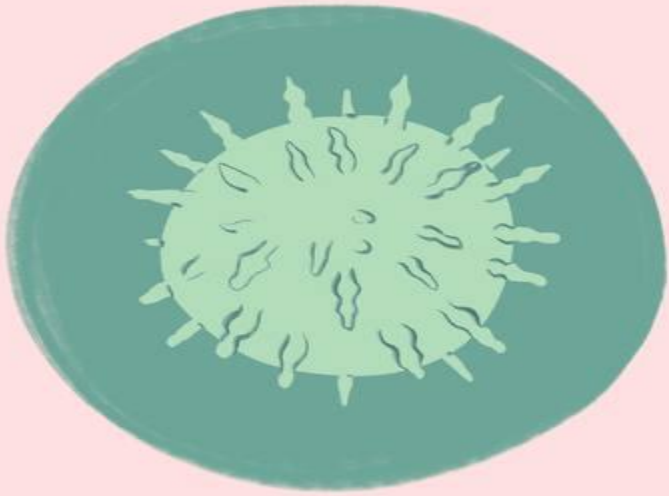


Oral disease that causes bad oral hygiene

► Oral Thrush

- happens when a yeast infection develops inside your mouth. It's also known as oral candidiasis and caused by over growth of the fungus(*Candida albicans*)
- most often occurs in infants and toddlers ,It appears as white or yellowish bumps to form on the inner cheeks and tongue.





**a common oral
yeast infection**



**it can resolve on its own
or with antifungals**

What is Thrush?



**causes white patches
or coating in the mouth**



commonly affects children

white coating



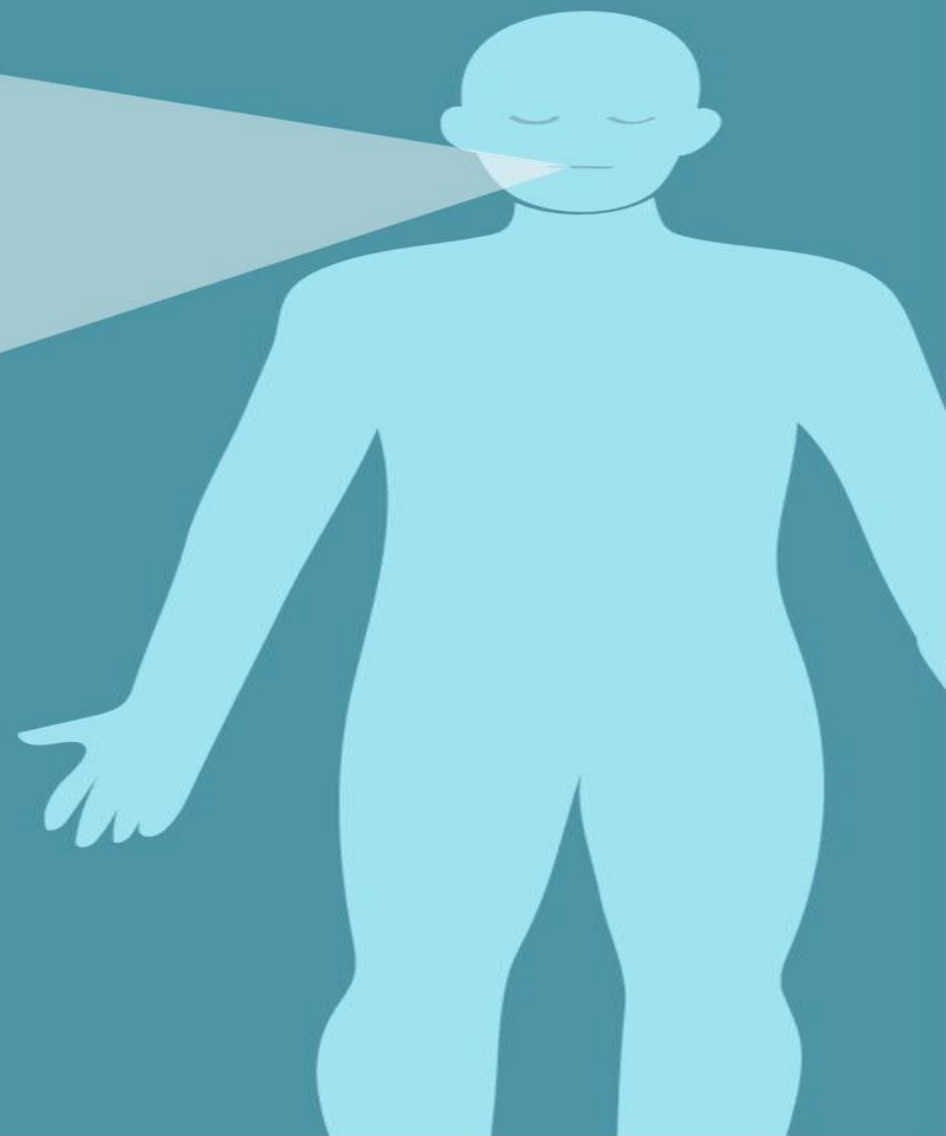
**redness and
soreness**



loss of taste



pain when eating

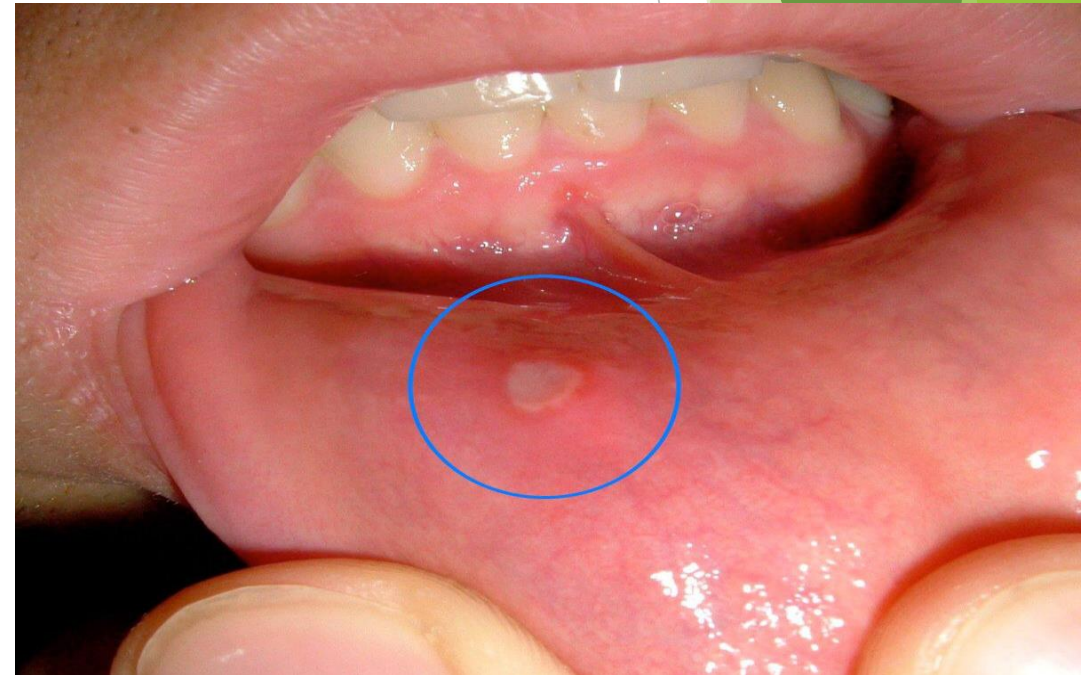


Symptoms of oral thrush

- ▶ • white or yellow patches of bumps on your inner cheeks, tongue , tonsils , gums or lips
- ▶ • slight bleeding ,if the bumps are scraped
- ▶ • soreness or burning in your mouth
- ▶ • a cotton-like sensation in your mouth
- ▶ • dry, cracked skin at the corners of your mouth
- ▶ • difficulty swallowing
- ▶ • a bad taste in your mouth
- ▶ • a loss of taste
- ▶ **Treatment of oral thrush**
- ▶ To **confirm diagnosis a biopsy** should be taken from the affected area, and give the patient **antifungal drug** such as **nystatin**.

mouth ulcer

- ▶ A mouth ulcer (aphtha)
- ▶ Is an ulcer that occurs on the mucous membrane of the oral cavity .Mouth ulcers are very common, occurring in association with many diseases and by many different mechanisms, but usually there is no serious underlying cause. Rarely, a mouth ulcer that does not heal may be a sign of oral cancer.
- ▶ Causes of oral ulcers
- ▶ Trauma
- ▶ Aphthous stomatitis (recurrent of oral ulcers).



MOUTH ULCER CAUSES



Sensitive to acidic food such as lime, pineapple & strawberry



Viral or fungal infection



Dental braces



Mouth wound caused by tooth brushing and accidental biting of lip



Lack of vitamins, especially vitamin B12, folate and iron

Treatment of oral ulcers

- ▶ Treatment is cause-related most ulcers will heal completely without any intervention.
- ▶ Treatment can range from simply smoothing or removing a local cause of trauma.
- ▶ Maintaining good oral hygiene and use of an antiseptic mouthwash or spray (e.g. chlorhexidine) can prevent secondary infection and therefore hasten healing.
- ▶ A topical analgesic (e.g. benzydamine) may reduce pain.



Oral Herpes

Whether you call it a cold sore or a fever blister, oral herpes is a common infection of the mouth area that is caused by herpes simplex virus type 1 (HSV-1).

Once infected, a person will have herpes simplex virus for the rest of his or her life. When inactive, the virus lies dormant in a group of nerve cells. While some people never develop any symptoms from the virus, others will have periodic outbreaks of infections.



Oral Herpes Symptoms

- ▶ The initial (primary) infection of oral herpes is usually the worst. It may cause severe, flu-like symptoms, including swollen lymph nodes and headache. However, some people have no symptoms at all. During the initial infection, sores can occur on and around the lips and throughout the mouth.
- ▶ Recurring infections tend to be much milder, and the sores usually erupt on the edges of the lips.

The signs and symptoms of an oral herpes

- ▶ Initial redness, swelling, heat/pain or itching may develop in the area where the infection will erupt.
- ▶ Painful, fluid-filled blisters may appear on the lips or under the nose. The blisters and fluid are highly contagious.
- ▶ The blisters will leak fluid and become sores.
- ▶ After about four to six days, the sores will start to crust over and heal.

Stages of a Cold Sore

STAGE 1



tingling, itching, or burning

STAGE 2



blister formation

STAGE 3



blister bursts

STAGE 4



scab formation

STAGE 5



healing stage

Oral Herpes Treatment Options

- ▶ Keeping the infected area clean and dry
- ▶ Taking antiviral oral medications, such as acyclovir, famciclovir and valacyclovir (these medications are traditionally the most effective)
- ▶ Applying antiviral topical ointments, such as acyclovir and penciclovir
- ▶ Using over-the-counter topical anesthetics or anti-inflammatory agents to alleviate symptoms

How to Treat a Herpes Outbreak

Use an ice pack to help lessen pain



Try a prescription antiviral medication



Reduce stress to help prevent recurrences



Don't touch or scratch



Keep the sores clean



Try OTC antiviral therapy creams





**THANK
YOU!**