

Oral Health and Hygiene disease

S. No.	Tooth Disease	Reason	Treatment
1.	Tooth Decay		
2.	Bleeding gums		
3.	Tooth decay		
4.	Chronic bad breath		
5.	Loose teeth		
6.	Mouth sores		
7.	Toothache		
8.	Swelling of the jaw		
9.	Gingivostomatitis		

Marketed Product -1

Marketed Product -2

Practical - 8

Date: / /

Aim: To study the Oral Health and Hygiene.

Reference:.....

Requirements:.....

Theory:

Oral hygiene is the practice of keeping your mouth clean and disease-free. It involves brushing and flossing your teeth as well as visiting your dentist regularly for dental X-rays, exams and cleanings.

1. Common Oral Problems:

- Dental caries tooth decay.
- Peridontal disease.

2. Signs of poor oral hygiene:

There are several warning signs that could indicate oral health problems. The most common signs of poor oral hygiene include:

- Bleeding gums.
- Tooth decay.
- Chronic bad breath.
- Loose teeth.
- Mouth sores that don't go away.
- Toothache.
- Swelling of the jaw.
- Gingivostomatitis, an infection of the mouth caused by certain bacteria or viruses.

3. Reason of Tooth Decay

- Food getting stuck in b/w teeth.
- Bad breath
- Tooth ache.
- Tooth sensitivity.

4. Prevention of tooth caries.

- Good oral hygiene habits.
- Fluoride application.
- Home care & Professional application.
- Scaling
- Pits & fissures sealants.
- Fluoride tray application.

5. Process to improve oral hygiene:

Excellent oral hygiene protects your teeth and gums and keeps your smile beautiful. Here are some general oral hygiene instructions to keep your smile healthy:

- 1. Brush your teeth at least twice a day:** Use fluoride toothpaste and a soft-bristled toothbrush. (Medium or hard bristles can damage your gums and tooth enamel.) When you brush, place your toothbrush at a 45-degree angle toward your gums. This helps sweep away plaque and bacteria at the gum line.
- 2. Floss once daily:** You can't reach the spaces between your teeth with brushing alone. To clean these areas, you need dental floss.
- 3. Brush your tongue:** Your tongue holds bacteria like a sponge. Whenever you brush your teeth, don't forget to brush your tongue.
- 4. Mouthwash every day:** Antibacterial mouthwash helps keep harmful oral bacteria. In addition to washing away food and debris.

Report: We have studied the oral health and hygiene in detail.

Questions Bank

1. What is the meaning of Oral hygiene?
2. What is the meaning of dental caries tooth decay?
3. What is the Gingivostomatitis?
4. Write the name of different disease of teeth.
5. Write the name of one mouth disease caused by bacteria.
6. Write the name of one antibacterial used for mouth disease.
7. When you brush, place your toothbrush at a degree angle toward your gums.
8. Write the treatment of tooth sensitivity.
9. What is the use of Fluoride in tooth paste?
10. What is the dental plaque?