

Take care of your Health, Oral Health Care

Health Prevention and Education Unit
Prepared by Licensed Health Educators



Goals

Knowing the importance of oral hygiene.

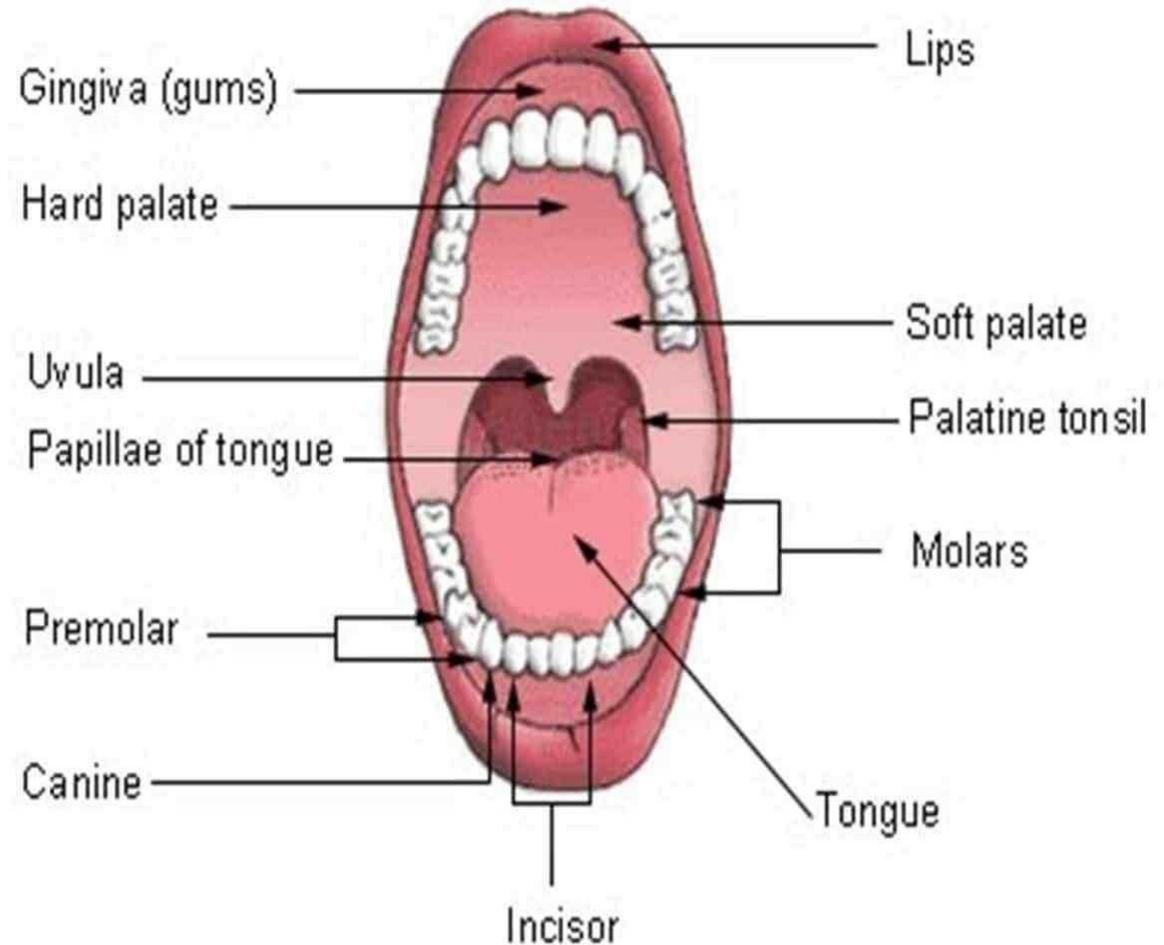
Mention some oral diseases.

Practicing the steps to correctly brush teeth and gum .



Oral health

- Taking care of your mouth and teeth begins in childhood. Failure to do so can lead to problems with teeth and gums, such as cavities or tooth loss.





Consequences of bad oral hygiene

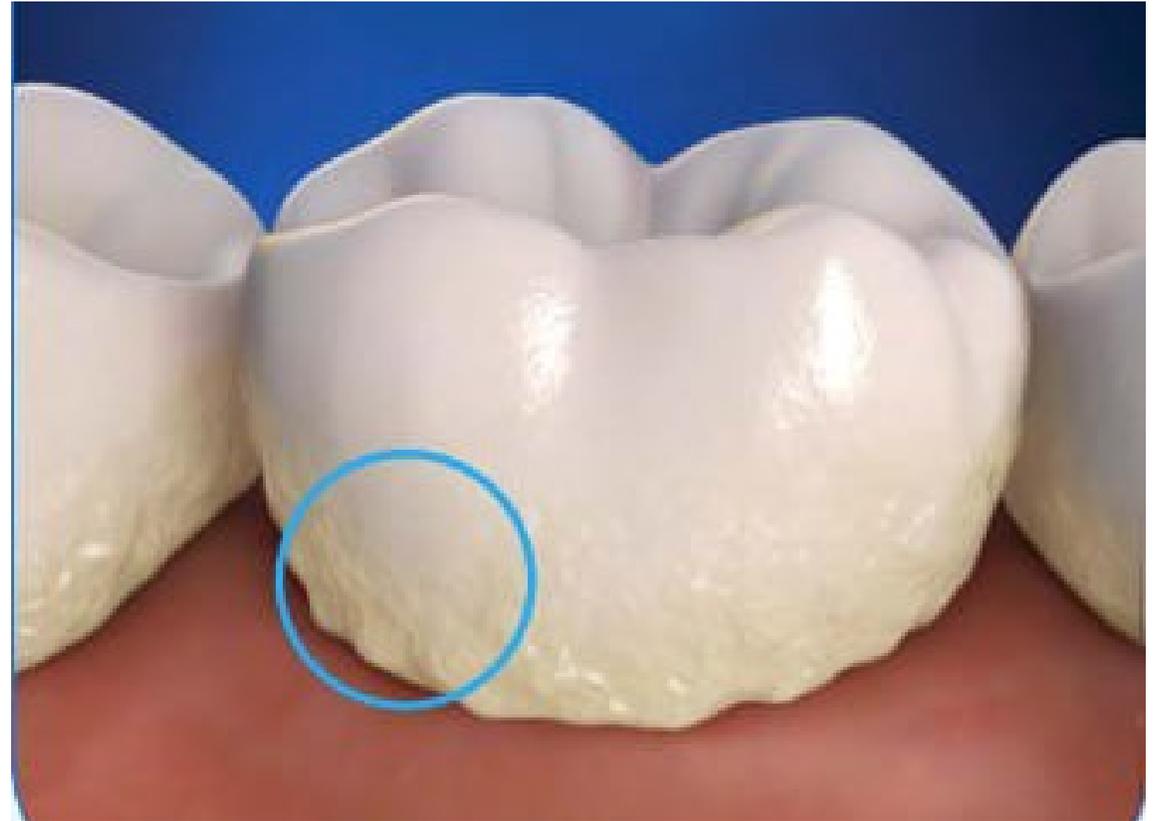


Infections

- Oral bacteria can cause cavities, periodontal disease and other common oral infections in both children and adults.
- Some of these infections last only a few days (especially those that are common in childhood) and many of them can be prevented with good oral hygiene.
- Other dental conditions, however, are more serious and can last for a long time.

Dental Plaque

- When saliva, food and liquids combine, plaque (containing bacteria) forms between the teeth. It is a sticky substance, which can be clear or light yellow in color.
- Dental plaque begins to form on the teeth 4 to 12 hours after brushing, so it is very important to brush your teeth thoroughly at least twice a day and floss daily.



Cavities

- Dental caries are permanently damaged areas on the surface of the teeth (tooth enamel). They become small openings or holes.
- They are caused by a combination of factors, such as bacteria in the mouth, frequent eating of sugary foods and drinks, and poor tooth cleaning.
- They can cause intense pain, infections, and tooth loss. They are more frequent in children, adolescents, and older adults, but people of any age can suffer from them, including babies.



Gingivitis

- Gums react with inflammation and swelling, which is why they may bleed during tooth brushing.
- Between 50 and 90 % of adults suffer from gingivitis, a condition that, if not treated in time, develops into periodontitis.



Periodontitis

- If gingivitis (inflammation of the gums) spreads, affecting the bone and supporting tissues of the teeth, it can develop into periodontitis.
- Due to this bone destruction, teeth can be lost.
- Between 8 and 10% of adults suffer from periodontal disease, the most common cause of tooth loss. It can also be worsened by chronic lung disease already present.



Thrush

- They are lesions that form on the gums and other oral tissues.
- Dentists call them aphthous ulcers, and they are more common in children and adolescents.
- The cause of aphthous ulcers is not entirely clear, but stress, hormones, immune problems, food hypersensitivity and infections can cause them.
- Canker sores usually heal within 10 to 14 days.



Hand-foot-mouth disease

- It is one of the most frequent diseases in children under 5 years of age, generally caused by Coxsackie A16 and enterovirus 71.
- After 1 or 2 days with sore throat and fever, somewhat painful blisters may appear on the inside of the cheeks and tongue, as well as on the palms of the hands, soles of the feet and buttocks. Fortunately, the infection usually clears up within 3 days.



Oral hygiene tools

Toothbrush



Toothpaste



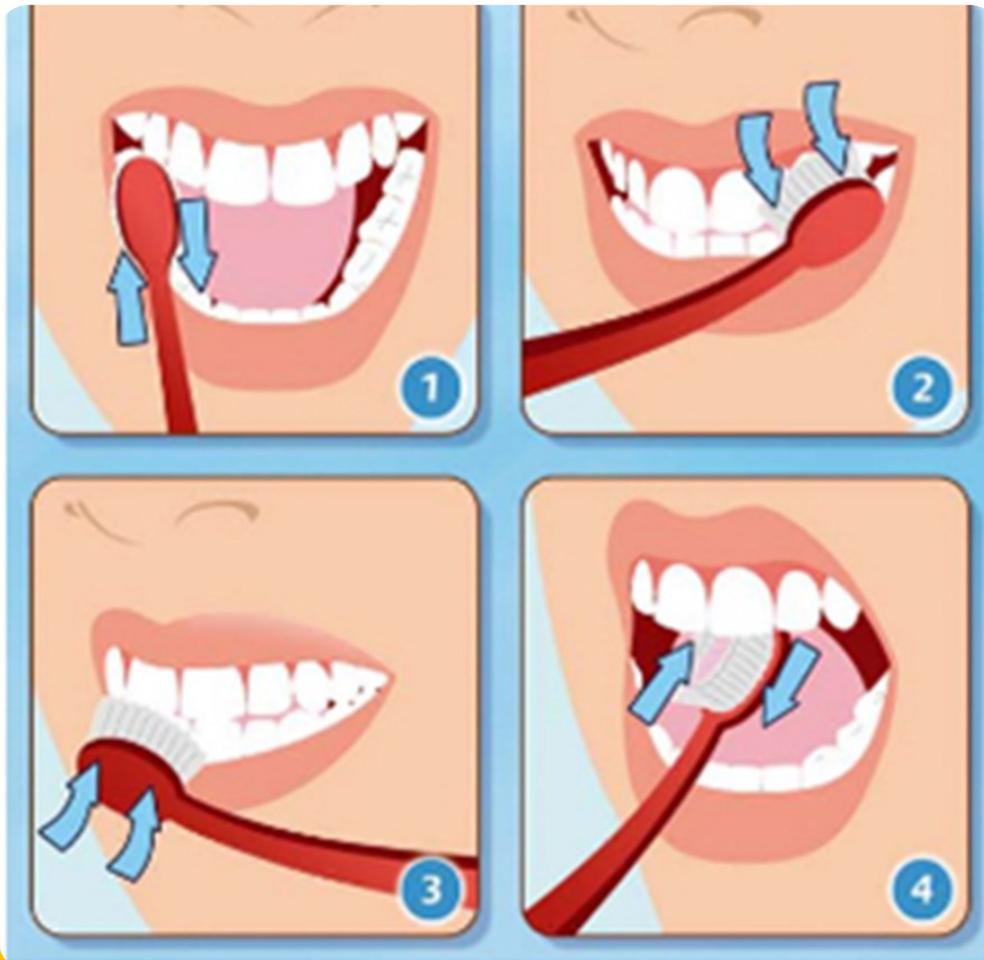
Floss



Mouth Wash

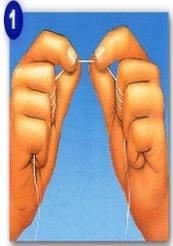


Correct Brushing



1. Place the brush at a 45-degree angle to the gum.
2. Move the brush back and forth with short, gentle strokes.
3. Brush the outer surfaces, inner surfaces, and chewing surfaces of all teeth.
4. To clean the inner surface of the front teeth, place the brush vertically and make several up and down movements.
5. Brush the tongue to remove bacteria and to keep your breath fresh.

Dental Flossing



1. Use about 18 inches (about 46 centimeters) of floss by wrapping one end around the middle finger of one hand and wrapping the rest around the middle finger of the opposite hand.



2. Hold the floss firmly between the thumb and index finger of each hand and gently insert it between the teeth.



3. Place the thread bent in a 'C' shape against the side of the tooth.



4. Pass the floss gently from top to bottom, pressing it against the tooth. Do not pull or cut the floss.



5. Clean all your teeth. Don't forget to floss your molars

Mouthwash Use:

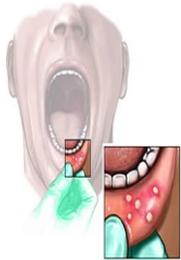


Use 2 teaspoons of mouthwash and 1 teaspoon of water.

Swish for 30 seconds. Spit out the liquid and saliva if any residue remains in the mouth.

When should you visit the dentist?

Every 6 months



If canker sores or sores appear in the mouth.



If you feel pain.



If you bleed when brushing



**Cleaning before
and after teething**

Before the arrival of the teeth: it is not necessary to use a toothbrush or toothpaste.



1. Use a small piece of gauze or a cloth dampened with water.



2. Lay your baby gently on your lap and rest her head on your arm.



3. Roll the gauze around the index finger.



4. Use slow, circular motions to clean the tongues and gums to remove milk residue.



5. While gently wiping your baby's tongue with the gauze, be careful of his throat.



6. Throw away the gauze and wash the cloth after each cleaning.



After the arrival of the teeth



Between 6 and 8 months of age the first tooth arrives.



You can use a soft-bristled baby toothbrush, whose heads are designed to fit the mouths of small children with ease.



Use this toothbrush to clean visible teeth and keep using the wet gauze to clean your gums and tongue.

Kids



Toothbrush: Your child should brush twice a day with a small amount (about the size of a grain of rice) of fluoride toothpaste on a soft-bristle toothbrush.



Toothpaste: Try to teach your child not to swallow it, even though they are too young to learn to rinse and spit at this age. Swallowing too much fluoride toothpaste can cause white or brown spots on your child's adult teeth.



Excess sugar: In addition to regular brushing with the appropriate amount of toothpaste, the child's diet plays an important role in his or her dental health. The longer your teeth are exposed to sugar, the greater the risk of cavities.

Teenagers



When your child is busy with friends or schoolwork, proper oral hygiene may take a back seat.



Help your teen maintain oral health and preserve their teeth longer by making sure they follow their daily oral hygiene routine.



Adults

- To maintain a healthy smile throughout adulthood, it is important to practice proper oral hygiene. Adults also suffer from cavities and gum disease that can develop into serious problems.

Recommendations:

Brush your teeth twice a day with a fluoride toothpaste.

Floss daily

Use mouthwash before or after brushing your teeth.



Limit starches and sugars, especially sticky foods.

Visit the dentist every 6 months for periodic examinations and deep cleanings as needed.





Important

- Did you know that thanks to oral health you can eat, talk and smile. Most oral diseases can be avoided with the right dental treatment.
- To practice good oral hygiene, brush your teeth twice a day and visit the dentist every 6 months.

Take care of your teeth and keep your smile forever!



Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can manage emotional and physical worries that may arise during and after your medical treatment, please visit your primary physician.

Available Service Lines

Medical Advice Line.

24 hours a day / 7 days a week

1-844-647-7801

TTY/TDD: 1-844-347-7804

Customer Service

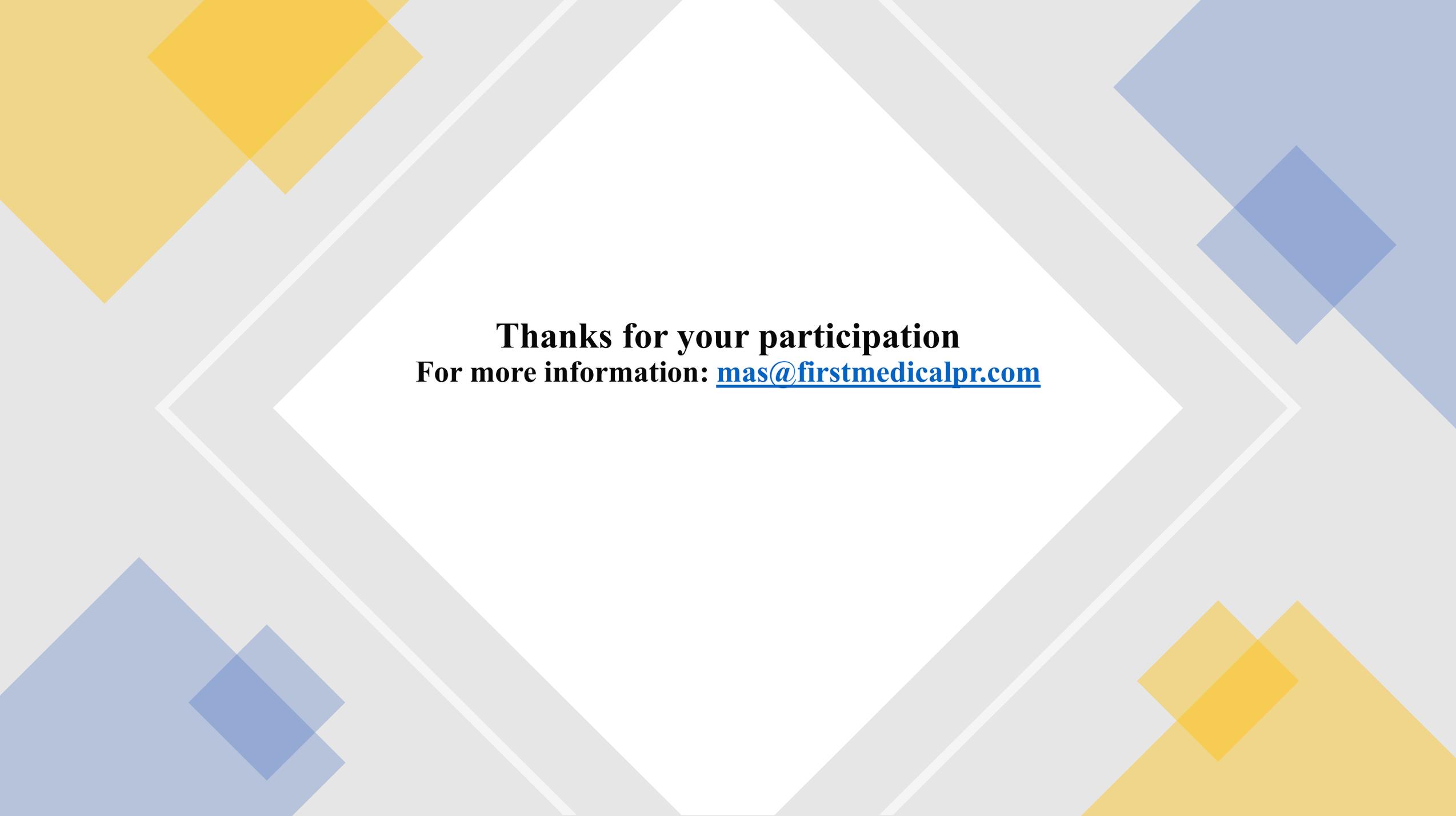
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Questions or Comments





Thanks for your participation
For more information: mas@firstmedicalpr.com

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