

Oral Health

Healthy teeth, gums, and mouths are possible for everyone through good habits and regular dental checkups. We must keep in mind that the mouth reflects the health of your body.

For good Oral Health it is recommended

1. Brush your teeth twice a day with a soft bristle brush. Also use dental floss and mouthwash.

2. Change your toothbrush every three months or sooner if the bristles wear out.

3. Use a toothpaste accepted by the American Dental Association (ADA).

How should you brush your teeth?

1. Place the brush at a 45-degree angle to the gum.
2. Move the brush back and forth in soft, short 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 movements up and down.
5. Brush your tongue to remove bacteria and to keep your breath fresh.



Flossing will remove plaque that a toothbrush cannot reach.

How to use dental floss?

1. Slide the floss between each tooth, but do not push it towards the gums too hard. This can hurt the gums.

Prevention of dental problems during the pandemic:



1. Brush your teeth twice a day with a soft fiber bristle brush. Also, use dental floss and mouthwash.
2. Avoid sugary and unhealthy foods to prevent cavities.
3. Visit the dentist at least twice a year (When making your appointment, ask about the protocol against COVID-19).

Consequences of poor oral care:

- **Tooth decay:** A thin layer of bacteria called dental plaque forms on the teeth. Bacteria in dental plaque produce acids that can begin to damage enamel. Over time, acids can create cavities in the enamel and gum disease.
- **Gingivitis:** It consists of the inflammation of the gums caused by an infectious process (bacteria) or the accumulation of bacterial plaque and tartar. If it is not treated timely, it can affect the bone and turn into periodontitis.
- **Periodontitis:** This occurs when inflammation or infection of the gums is allowed to progress without treatment. Infection and inflammation spread from the gums to the ligaments and bone that support the teeth. Loss of support causes teeth to become loose and eventually fall out.



- **Oral Cancer:** Oral cancer can form anywhere in the mouth or throat. Most oral cancers start on the tongue and the base of the mouth. Anyone can get oral cancer, but the risk is highest in men, over 40, smokers or alcohol users, or in people with a history of head or neck cancer. To reduce the risk of oral cancer, do not use tobacco products; if you drink alcohol, do so in moderation and lastly, use lip moisturizer with sun protection.
- **Halitosis:** Poor oral hygiene, tooth decay and smoking are the causes of bad breath in adults. It is important to visit the dentist to make a diagnosis and prescribe an appropriate treatment.

How to take care of your Dentures?

It is important to clean your gums and mouth daily if you wear dentures. Wet dentures come out easier.

1. Clean denture with distilled water, brush, and denture cleanser or paste.
2. Soak the denture in the indicated solution every night after cleaning. You should rinse your dentures with cold water when you put them in your mouth again.



Social and Emotional Aspects

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during oral care, please visit your dentist, or contact the following phone lines:

First Health Call

1-866-337-3338; TTY- 1-866-921-0101

APS Healthcare

787-641-9133

References:

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