

# Care of Your Health, Take Care of Your Oral Health



Prevention and Health Education Unit  
Prepared by Licensed Health Educators

# Objectives

To know the importance of oral hygiene.

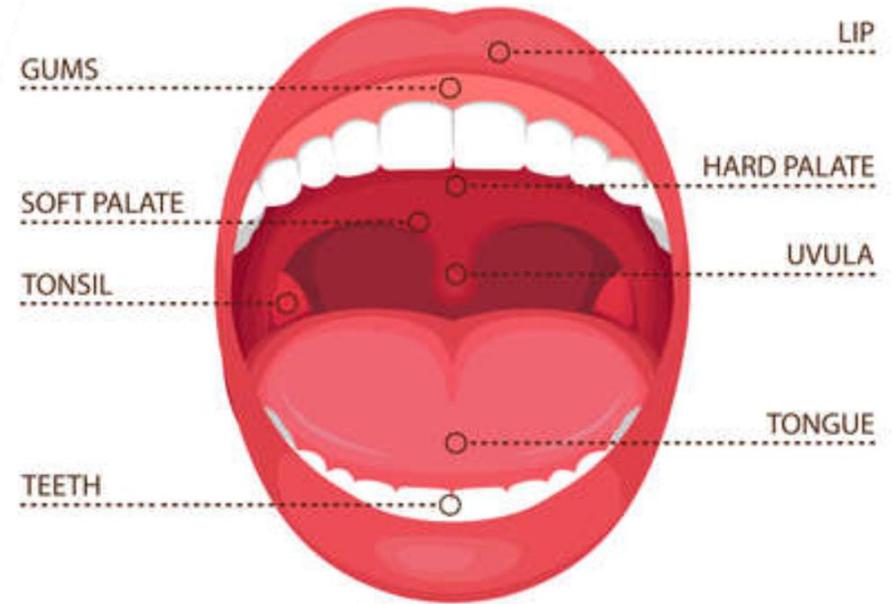
Mention some oral diseases.

Practice the steps of correct brushing of teeth and gums.



# Oral Health

Caring for your mouth and teeth starts in childhood. If not, problems with the teeth and gums can arise, such as cavities or tooth loss.





**What Happens When I Don't Care For  
My Teeth?**



# Infections

- Bacteria in the mouth can cause cavities in our teeth and mouth diseases, even in children as in adults.
- Some of these diseases can be prevented with good oral hygiene; many of these issues only last for a few days, especially those that are common in childhood.
- Others are more serious and may last for a long time.

# Dental Plaque

- It is a sticky film of bacteria, a colorless or light-yellow substance, that is formed regularly around the teeth. When saliva, food, and liquids are combined, a plaque (containing bacteria) is formed between the teeth.
- Plaque begins to form on your teeth 4 to 12 hours after brushing, so it's very important to brush your teeth thoroughly at least twice a day and floss daily.



# Cavities

- Tooth decay is the destruction of the hard outer layer of the teeth.
- It can be a problem for children, teens, and adults.
- This is one of the causes of tooth loss and is caused by bacteria such as *Streptococcus mutans*.



# Gingivitis

- The gums react with inflammation and swelling, which is the reason why these may bleed during tooth brushing.



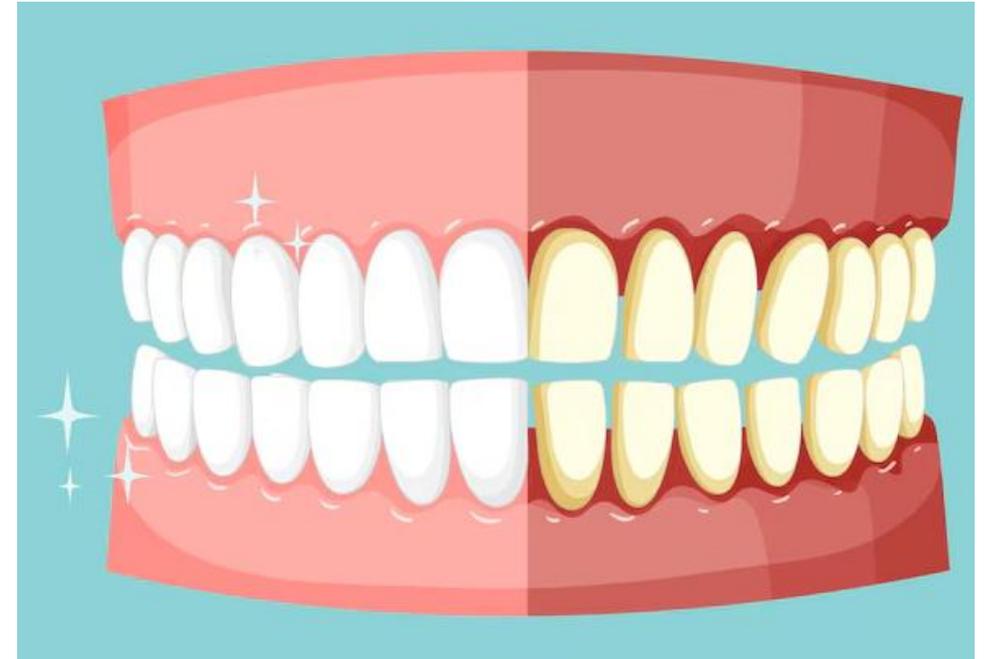
# Canker sores

- The ulcers are lesions that are formed on the gums and in other oral tissues.
- Dentists call them aphthous ulcers, and they are more common in children and adolescents.
- The cause of canker sores isn't entirely clear, but stress, hormones, immune problems, food hypersensitivity, and infections are all linked as possible triggers.
- Ulcers usually heal within 10 to 14 days.



# Periodontitis

- If gingivitis, which is the early stage of gum disease, spreads to the bone and supporting tissues of the teeth, without treatment it can develop into periodontitis.
- Due to this destruction of the bone, teeth can be lost.



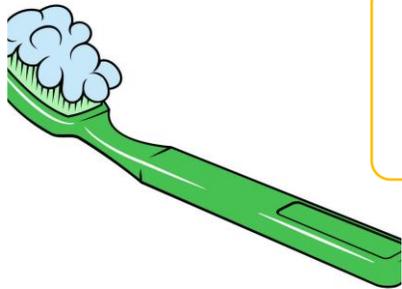
# Hand-foot-mouth disease

- It is one of the most common infections, in children under five years of age, usually caused by Coxsackie A16 and Enterovirus 71.
- After a day or two with a sore throat and fever, somewhat painful blisters may appear on the inside of the cheeks and on the tongue, as well as on the palms of the hands, soles of the feet, and buttocks. Luckily, the infection usually clears up within three days.



# Oral Hygiene Tools

**Toothbrush**



**1**

**Toothpaste**



**2**

**Dental floss**



**3**

**Mouthwash**



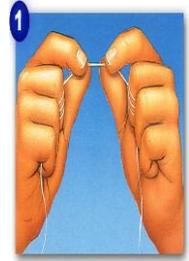
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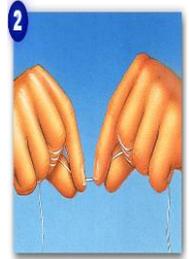
# Correct Dental Brushing

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

# Flossing Teeth:



1. 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 your teeth.



3. Place the folded floss in a 'C' shape against the side of the tooth.



4. Gently pass the floss from top to bottom, keeping it tight against the tooth. Don't pull the thread or cut it.

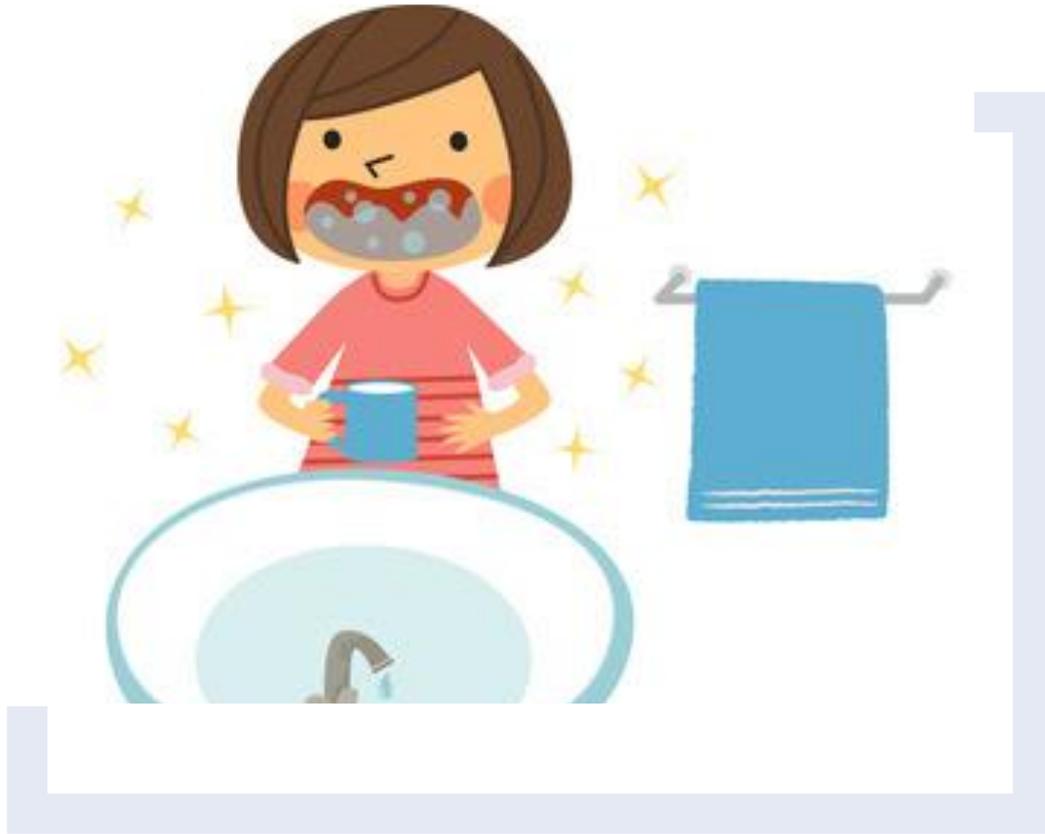


5. Clean all your teeth. Don't forget to floss them.



Ask for help from an adult if you find it difficult.

# Using Mouthwash:



Use 2 tablespoons of mouthwash and 1 teaspoon of water.

Rinsing for 30 seconds.

Spit out the liquid and saliva, if any residue remains in your mouth.

# How often should I visit the dentist?

## Every 6 months



If canker sores or lesions appear in the mouth frequently.



If you feel pain when brushing.



If you bleed when brushing



# Dental Cleaning

# Children's



**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-bristled toothbrush.



**Toothpaste or tooth gel:** We should not swallow toothpaste. It's best to spit it out after brushing. Swallowing too much fluoride toothpaste can cause white or brown spots on adult teeth.



**Excess sugar:** Diet is important for oral health. The longer your teeth are exposed to sugar, the greater the risk of cavities.

# 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!*

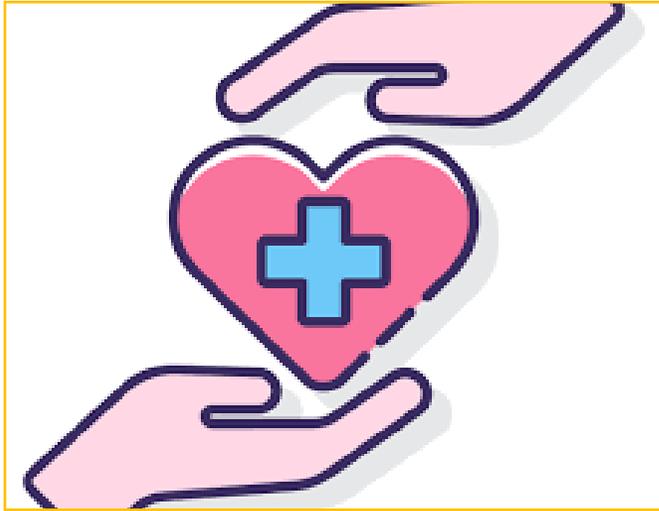
# Questions or Comments



# References

- <https://www.colgate.es/oral-health/articles/eight-common-oral-infections-0615>
  - <https://www.healthychildren.org/Spanish/healthy-living/oral-health/Paginas/Teething-and-Dental-Hygiene.aspx>
  - <https://www.colgate.com/es-us/oral-health/kids-oral-care/oral-health-for-children>
  - <https://medlineplus.gov/spanish/ency/article/002213.htm>
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# Social and Emotional Aspect



For recommendations, tools, and resources on how you and your family can address the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone numbers.

# **Line of Available Services**

## **Medical Advice Line**

24 hours a day / 7 days a week

1-844-347-7801

**TTY/TDD:** 1-844-347-7804

## **Customer Service**

1-844-347-7800

**TTY/TDD:** 1-844-347-7805

## **APS Health**

787-641-9133



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