

A close-up photograph of a young boy with dark hair and bangs, smiling broadly. He is holding a blue and white toothbrush in his right hand, which is visible in the bottom right corner of the frame. His eyes are closed or squinted in a joyful expression. The background is a plain, light-colored wall.

# ORAL HYGIENE MANUAL

By Olivia Sadej

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### For

- Kids
- Adults
- Seniors
- People with orthodontics
- People with dentures

# History of dental hygiene



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**The first person** to become a dental hygienist was **Irene Newman**, a dental assistant in Bridgeport, Connecticut, in the early 1900s. At that time, **Alfred C. Fones**, a dentist, believed that women could be trained to provide preventive services and thus give the dentist time to perform more complex procedures. Dr. Fones trained Irene Newman in dental hygiene and then developed a school for dental hygienists in 1913. The school exists today in Connecticut as the University of Bridgeport, Fones School of Dental Hygiene.

# NUTRITION AND SNACKS

## Public Enemies for your Teeth

### Starchy, Refined Carbs

- Chips
- Potatoes
- Crackers
- Bread
- Pasta



### Sugary Candy & Sweets

- Hard Candies
- Taffy & Caramels
- Chocolate
- Cookies, Cake
- Brownies



### Acidic Foods, Fruit

- Lemons
- Other Citrus
- Diet Sodas
- Vinegars



### Sugary Beverages, Juice

- All Soda
- Fruit Juices
- Alcohol
- Sugar-added coffee, tea



### Terrible Foods

FOR YOUR ORAL HEALTH

5



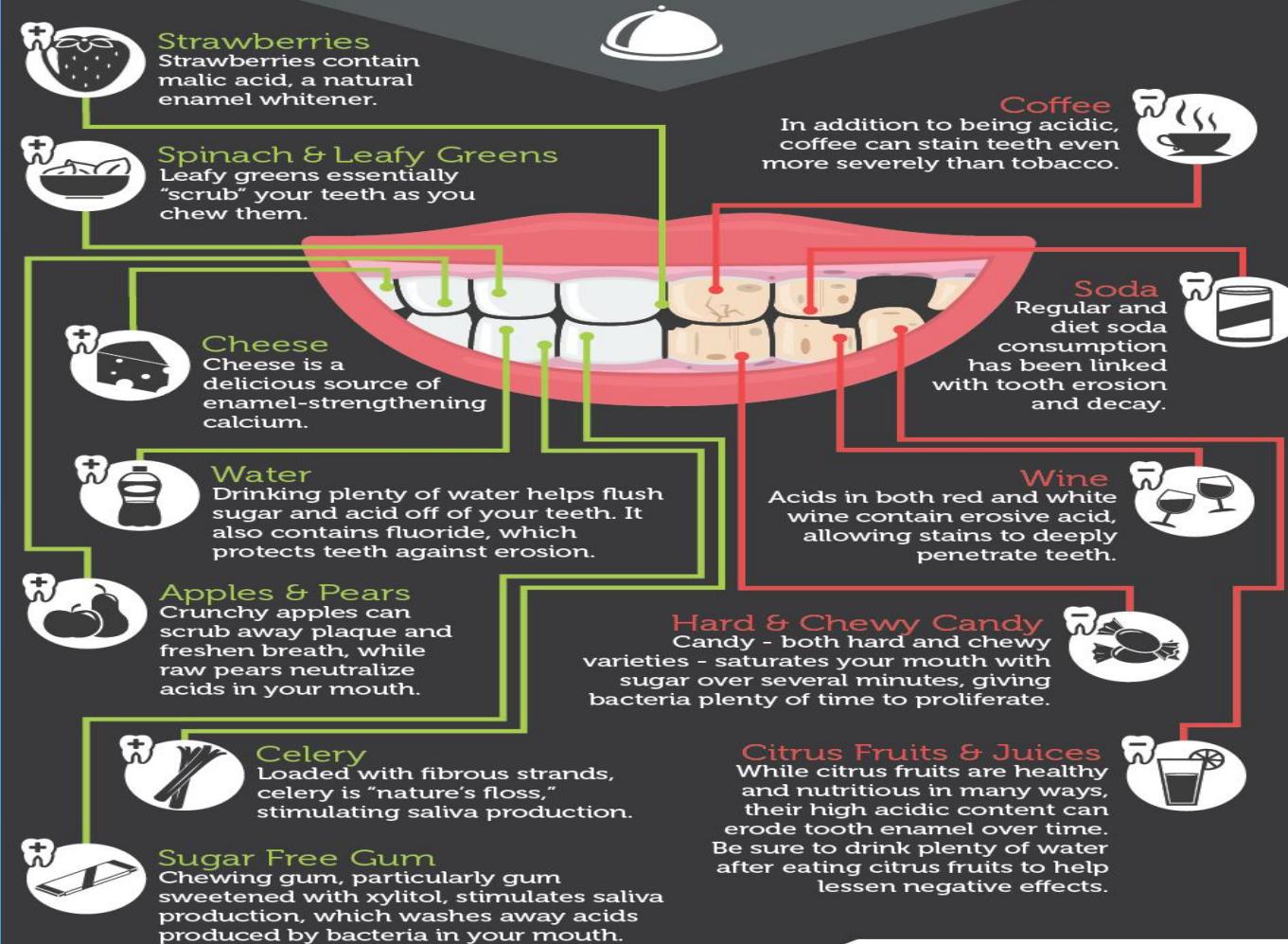
**GOOD NUTRITION=  
HEALTHY SMILE**



# Healthy smiles starts with healthy diet

## THE BEST AND WORST FOODS FOR YOUR DENTAL HEALTH

March is National Nutrition Month

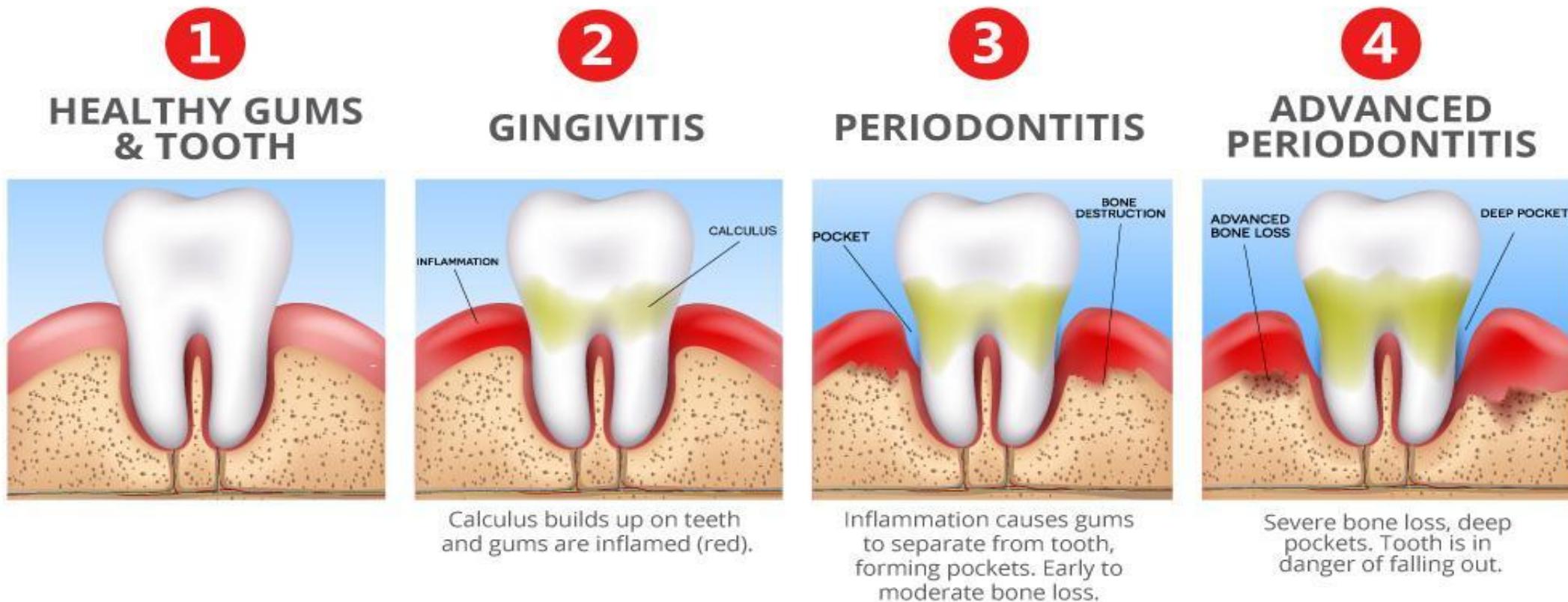


For healthy living and for healthy teeth and gums, think before you eat and drink. It's not only what you eat but when you eat that can affect your dental health.

- Limit the number of snacks you eat. If you do snack, choose something healthy, like fruit, vegetables or a piece of cheese.

# Progress of Periodontal Diseases

## Stages Of Gum Disease



- Deficiencies of vitamin A, C, E and folate have detrimental effects on periodontal health



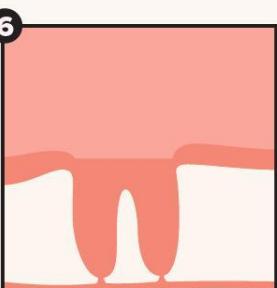
White spots



Enamel decay

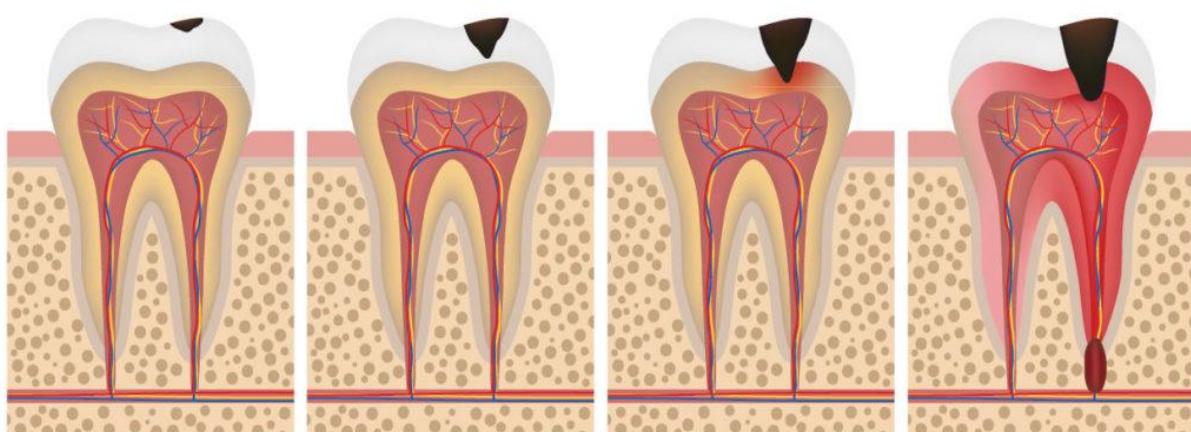


Dentin decay



## THE STAGES OF TOOTH DECAY

1. Decay in enamel
2. Advanced decay
3. Decay in dentin
4. Decay in pulp

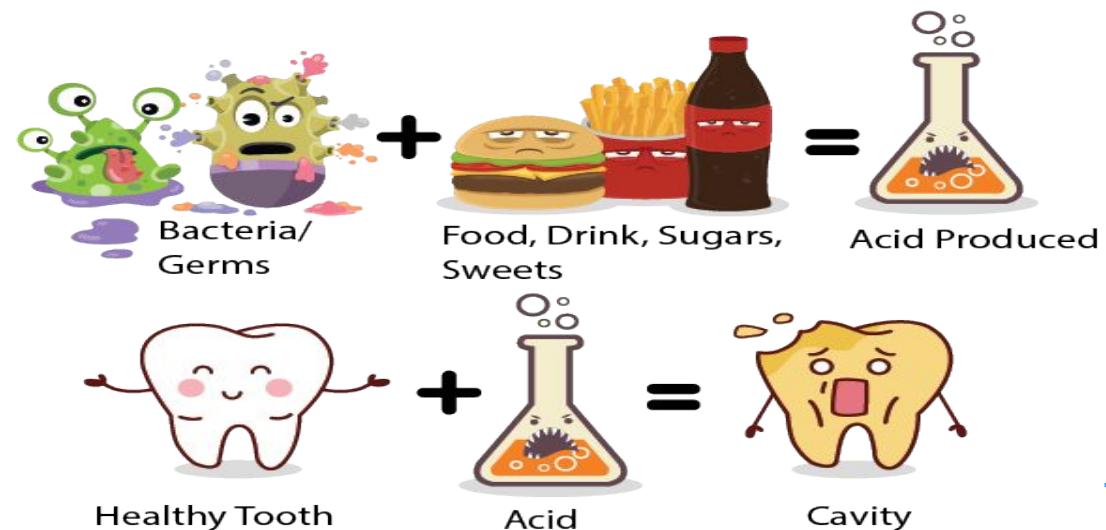


# What is Decay/Cavity and what causes?

•It is the permanently damaged areas in the hard surface of your teeth that develop into tiny openings or holes.

Causes of tooth decay are sugary, sticky foods and beverages.

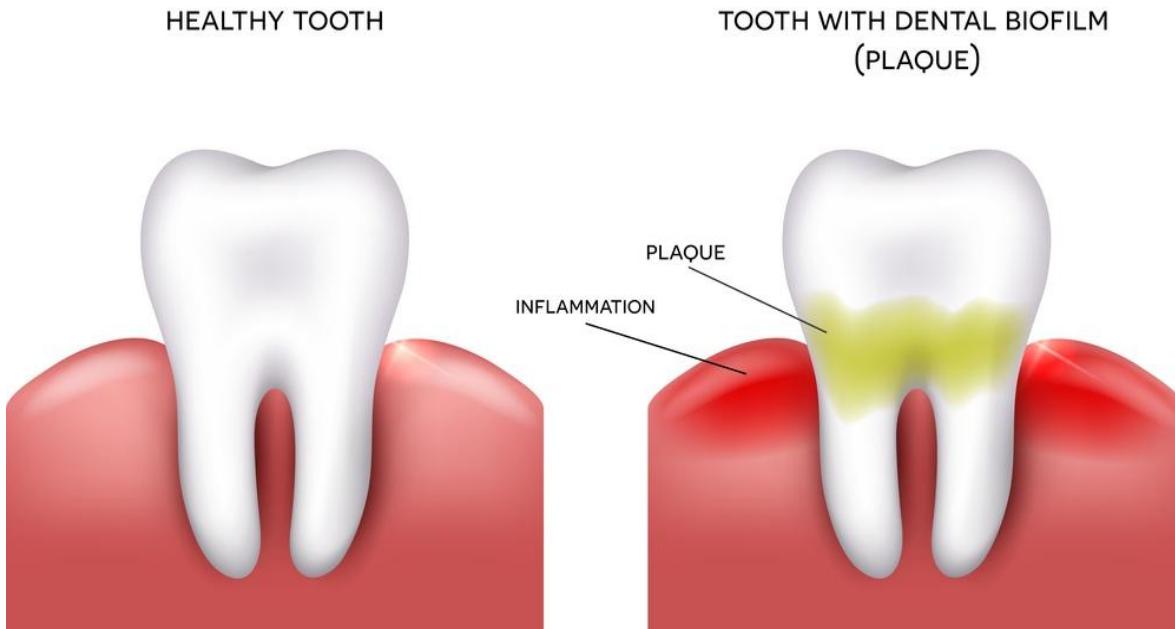
## Dental Decay Process



# Let's look at plaque and calculus

- Plaque is a sticky, colourless or pale, yellow film that is constantly forming on your teeth.
- Dental calculus, (Tartar) is a yellow or brown colored deposit that forms when plaque hardens on your teeth.

DENTAL BIOFILM  
(PLAQUE)



Calculus build-up along & under the gumline can cause gingivitis. Left untreated, it can progress to periodontitis.

# How we can scrape plaque off our teeth?



**Flossing**



**Clean your tongue**



**Inter-dental cleaner**



**Brushing twice a day**



**Mouth rinses**



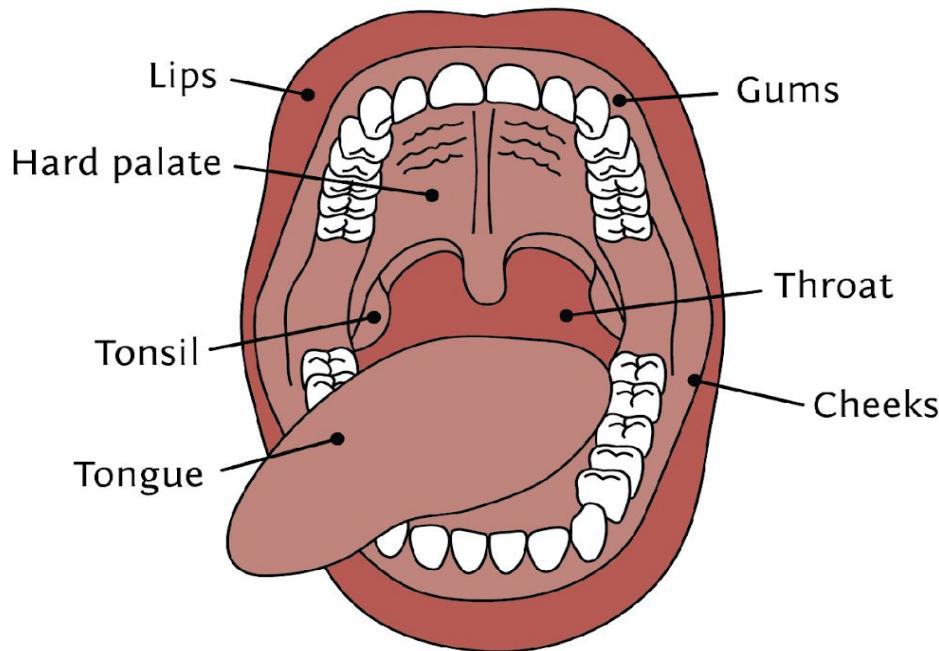
**Disclosing tablets**

# Oral cancer

## What is oral cancer?

Cancer is a disease where cells in the body grow out of control.

Oral cancer is a disease where cancer cells form in the mouth, lips, cheeks, gums, tongue, hard palate, tonsils and the throat.



## What can I do?



### AVOID COMMERCIAL TOBACCO

Tobacco exposes the mouth to cancer-causing chemicals. *Learn more at: AICAF.org/quit*



### LIMIT ALCOHOL USE

Alcohol can cause cancer by damaging DNA



### GET VACCINATED AGAINST HPV

HPV (human papillomavirus) infects oral cells. HPV often has no symptoms. Vaccinating is essential. *Learn more at: AICAF.org/hpv*



### LIMIT SUN EXPOSURE

Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips from harmful sun exposure



### MAINTAIN HEALTHY WEIGHT AND BE ACTIVE

Poor diet and lack of exercise can make it easier to develop cancer

# Sealants

Are thin coatings that when painted on the chewing surfaces of the back teeth (molars) can prevent cavities (tooth decay) for many years.

## How do we apply sealants?

### Dental Sealants (Step by Step)



Tooth Is Cleaned and Dried



Etching Solution Is Applied

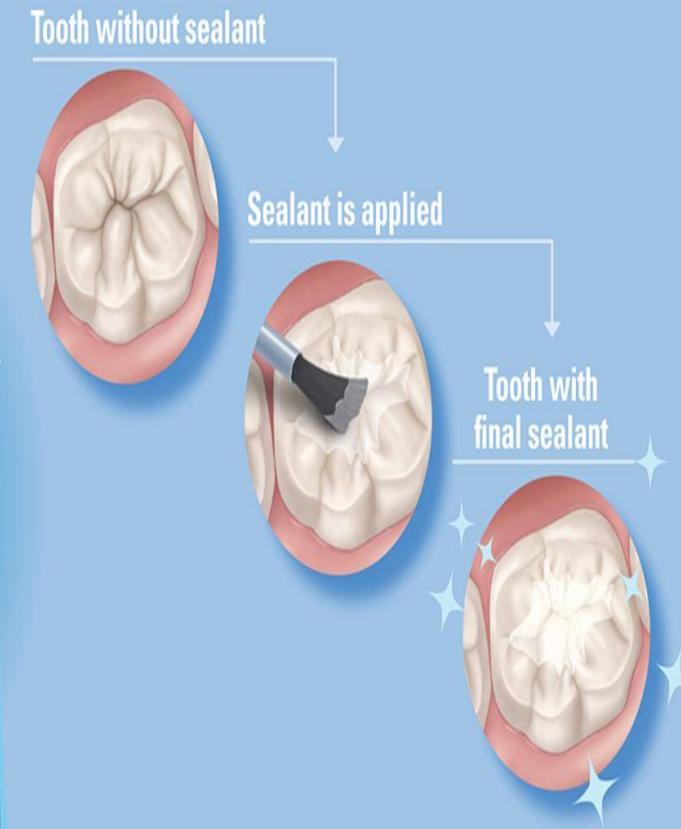


Liquid Sealant Is Applied



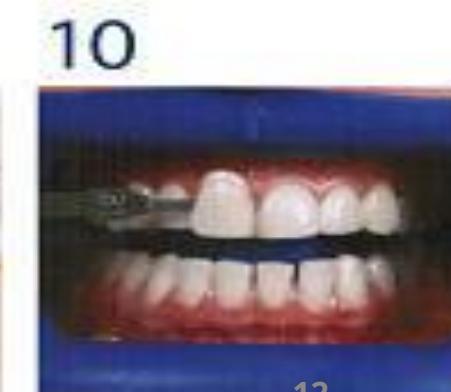
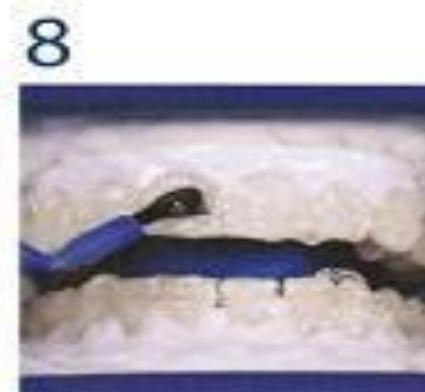
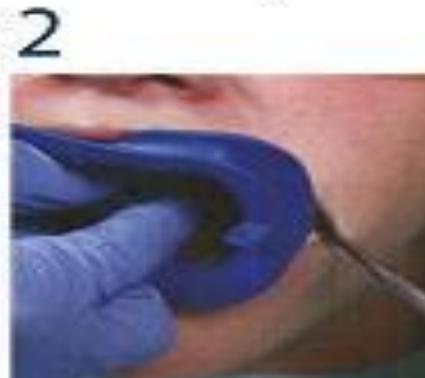
Curing Light Hardens Sealant

Dental sealants can prevent cavities when applied to molar teeth.



# Whitening Procedures

- Teeth whitening is a simple process. Whitening products contain one of two tooth bleaches (hydrogen peroxide or carbamide peroxide). These bleaches break stains into smaller pieces, which makes the colour less concentrated and your teeth brighter.



# Fluoride

Fluoride is mainly used to improve dental health and we can find it in our local water supply and in many over-the-counter (OTC) products, including:

- toothpaste
- mouth rinses
- supplements



## Baby Bottle Tooth Decay: Facts and Prevention

Even at a young age, your child can already experience oral health problems, especially if proper prevention is not applied promptly.



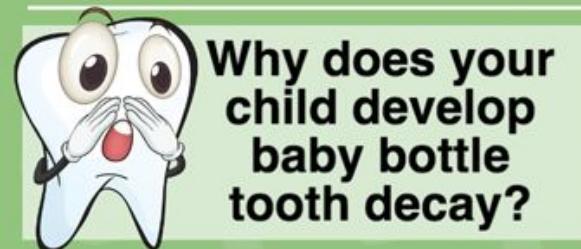
### What is Baby Bottle Tooth Decay?

- The term refers to early childhood cavities, occurring in infants and toddlers due to long-term exposure to sugary liquids.
- It may affect all of the teeth, most commonly their front teeth.



### In what period baby bottle tooth decay can be acquired?

- Babies who are around 12 to 18 months old.



### Why does your child develop baby bottle tooth decay?

- It usually caused by allowing babies to sleep with a bottle containing milk, formula, juice, soda pop or any liquid that contains sugar.
- These sweet beverages attack their baby teeth, which triggers a lot of decay.



### What are the ways to prevent baby bottle tooth decay?

- Parents must hold their baby while feeding.
- You shouldn't put your child to bed with the bottle.
- After feeding, clean your baby's gums with a clean washcloth.
- Help your baby sleep in a healthier way through using a music box, a soft toy or a clean pacifier.

# Infant oral health

## How can we brush?

- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small-bristle toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.

A group of five diverse children, three boys and two girls, are smiling and looking up at the camera. They are of different ethnicities and have different hair colors (blonde, dark brown, and black). One girl in the foreground is holding a handful of colorful vitamins in her hand. The background is a plain, light color.

# KIDS AND ORAL HEALTH

# National Children's Dental Health Month

“Brush and Clean  
in Between  
to Build a  
Healthy Smile!”



## BENEFITS OF GOOD ORAL CARE HABITS

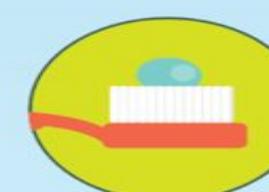
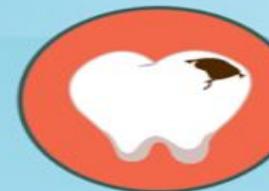


PRIMARY TEETH PLAY AN IMPORTANT ROLE IN HOW CHILDREN LEARN TO CHEW, SMILE, AND TALK.

HAVING HEALTHY TEETH HELPS WITH CONFIDENCE AND PARTICIPATION IN THEIR EDUCATION AND SOCIAL LIFE.

## Did you know?

Tooth decay is the most common chronic childhood disease.



Cavities are five times more common than asthma. Children with poor dental health are three times more likely to miss school.

Your children need to have their first dental checkup by age 1. Dental checkups will help keep them healthy and cavity-free!

Your children should brush their teeth every morning and night. Show them how to brush, then have them brush by themselves. Most children are able to properly brush by themselves around age 6 or 7.

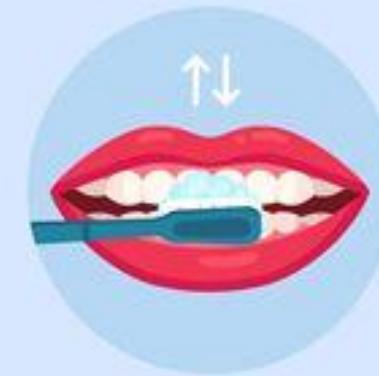
For children up to age 3, use a smear of toothpaste the size of a grain of rice on their toothbrush. Children age 3 and older should use a pea-sized amount.

Soda, sports drinks and juices may taste good, but they are not good for you. Soda has no nutritional value and is high in sugar. Sugar from drinks sits on our teeth and causes decay — drinking tap water is best!

# HOW TO BRUSH YOUR TEETH



Brush the outer surfaces  
in a circular motion



Brush the outer surfaces  
in an up-and-down motion



Scrub the inner surfaces  
using up-and-down strokes



Brush the chewing  
surfaces of all teeth



Brush the tongue using  
up-and-down strokes



Spit out the toothpaste and  
rinse out your mouth

# How to teach your child to brush their teeth?

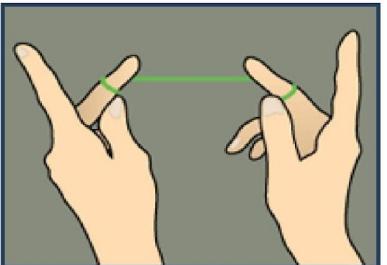
1. Have the Right Supplies, such as a soft, small-headed toothbrush to remove food debris, bacteria and sticky plaque.
2. Stick to a Routine
3. Brush your teeth in front of your kid. Let them see it's something you have to do, too.
4. An electric toothbrush could be an exciting and enticing addition to your toothbrushing routine



# Flossing

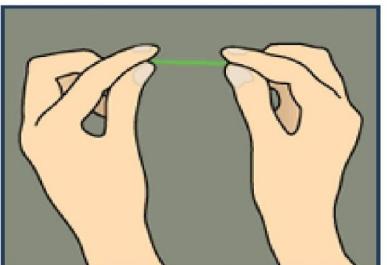
## Step 1

Wind about 18 inches of floss around your fingers as shown. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up.



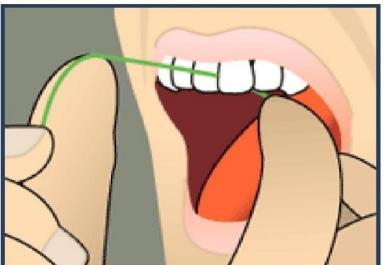
## Step 2

Use your thumbs and forefingers to guide about one inch of floss between your teeth.



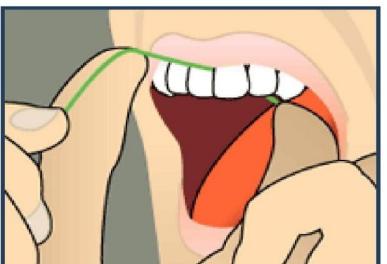
## Step 3

Holding the floss tightly, gently saw the floss between your teeth. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



## Step 4

Slide the floss up and down, repeating for each tooth.





# How to use mouthwash for kids?

One way to test your child and see if they are ready to use a mouthwash is to have them take a sip of water, swish it around their mouth and then spit it out into the sink. If kids can handle rinsing with water, they can most likely handle mouthwash.



A photograph of a man and a woman in a bathroom. The man, on the left, has dark hair and a beard, wearing a white t-shirt. He is looking down at his open mouth as he brushes his teeth with a green toothbrush. The woman, on the right, has long brown hair and is smiling broadly, also with her mouth open as she brushes her teeth with a blue toothbrush. A tube of toothpaste is visible in the bottom right corner.

# ORAL HYGIENE AIDS FOR ADULTS



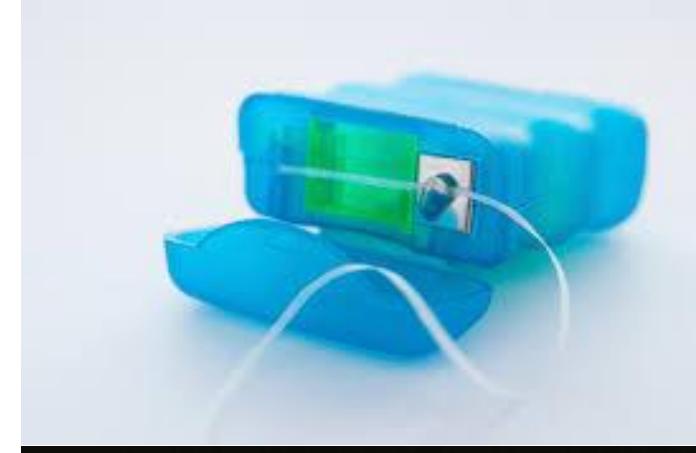
**Oral irrigator**



**Electric toothbrush**



**Mouthwash**



**Flossing**



**Inter-proximal  
cleaning devices**



1. Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



2. Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



3. Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.

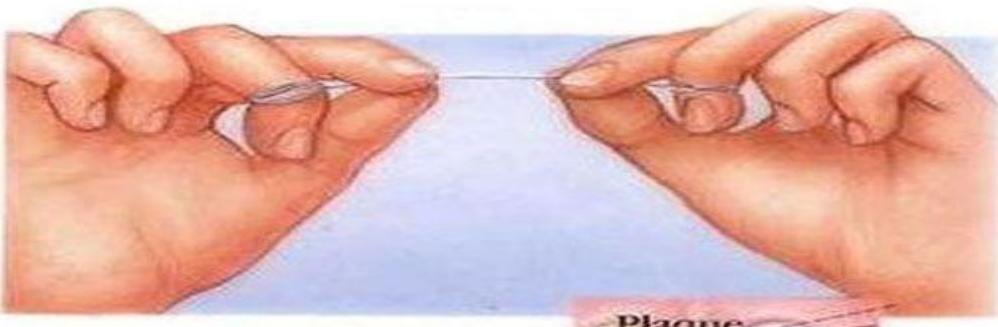


4. Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.

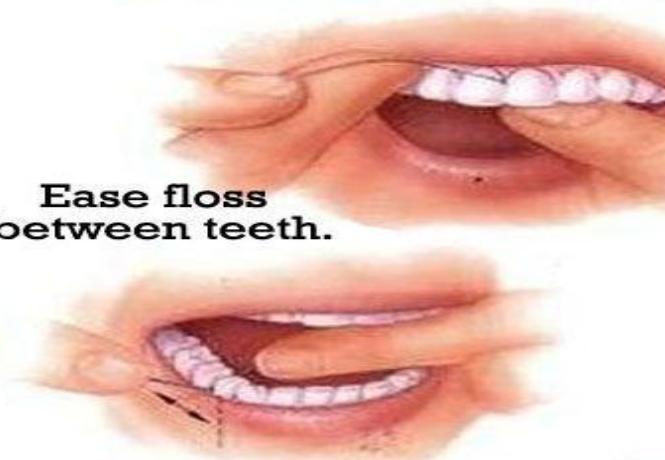


5. Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

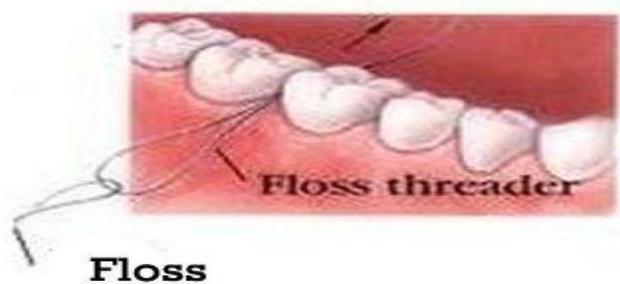
# Brushing/ Flossing



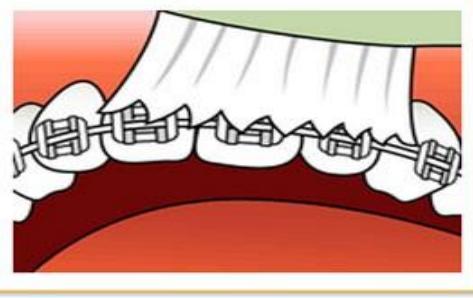
**Ease floss between teeth.**



**Clean up and down white curving floss around teeth at the gumline**

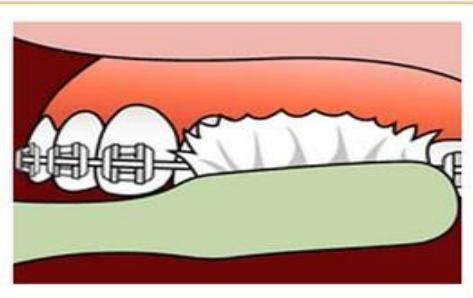


**Floss under a bridge using a floss threader.**



#### Brushing: Step 1

Place your toothbrush at a 45 degree angle to your gum.



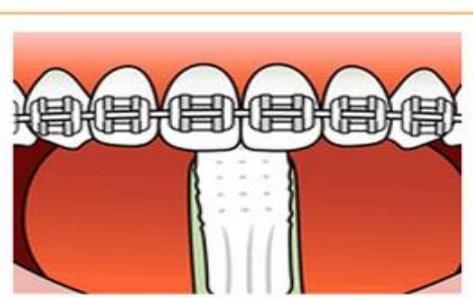
#### Brushing: Step 2

Brush gently in a circular motion.



#### Brushing: Step 3

Brush the outer, inner, and chewing surfaces of each tooth.



#### Brushing: Step 4

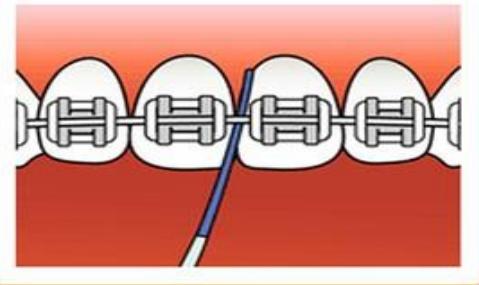
Use the tip of your brush for the inner surface of your front teeth.

# Oral hygiene with orthodontic patients

- **Brush** at least two times a day. It is best to brush after meals to ensure no food is trapped in or around the braces. If you are unable to brush after lunch, at least rinse your mouth thoroughly with water. Brush for at least two to three minutes each time.

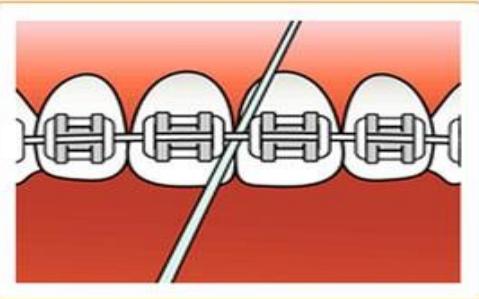
**Don't forget to avoid sticky and refined foods that adhere to brackets**

# Flossing



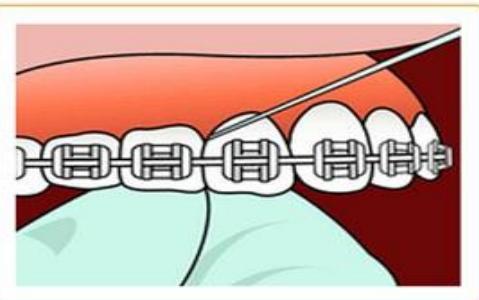
## Flossing: Step 1

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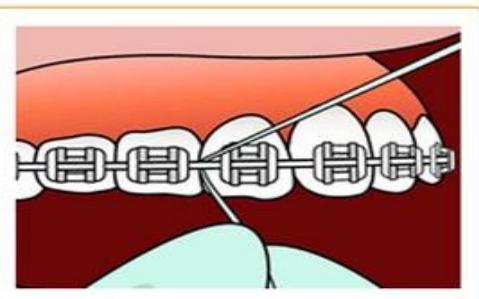
## Flossing: Step 2

Use your thumbs and forefingers to guide about one inch of floss between your teeth.



## Flossing: Step 3

Holding the floss tightly, gently saw the floss between your teeth. Then curve the floss into a C-shape against one tooth and gently slide it beneath your gums.



## Flossing: Step 4

Slide the floss up and down, repeating for each tooth.

- Swish with water before brushing. Rinsing with water after eating helps to loosen and dislodge food that may be caught in the braces.
- Use waxed floss.
- Floss at least once a day.
- Use a fluoride rinse.
- Schedule a dental visits every six months.

# **Without Oral Care & Treatment, Adults and Seniors are at Risk for ...**

Tooth Decay  
Gum Disease  
Chronic Illnesses  
Dry Mouth  
Poor Nutrition  
Denture Problems  
Oral Cancer



- Dry mouth caused by reduced saliva flow, which can be a result of cancer treatments that use radiation to the head and neck area, as well as certain diseases, such as Sjögren's syndrome, and medication side effects. Many medicines can cause dry mouth.



## Treatment of oral hygiene for seniors

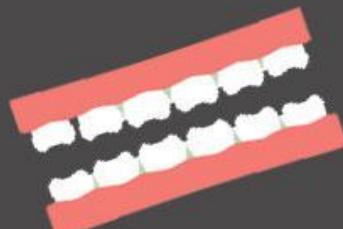
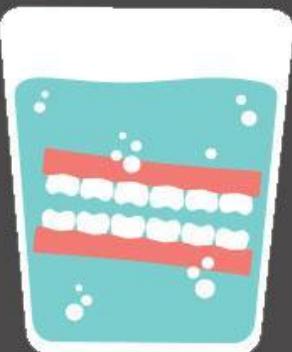
- Brush at least twice a day with a fluoride-containing toothpaste.
  - Floss at least once a day.
  - Rinse with an antiseptic mouthwash once or twice a day.
  - Visit your dentist on a regular schedule for cleaning and an **oral** exam.
- Also, the Ontario Seniors Dental Care Program is a government-funded dental care program. It provides free, routine dental services to low-income seniors age 65 or older. Coverage includes check-ups, including scaling, fluoride and polishing.

# Patient with Dentures



## Dentures

Dentures are a trusted solution for replacing missing teeth. Our patients frequently ask about dentures to determine if they are a good solution for their particular needs. As with any dental solution, there are pros and cons to wearing dentures and whether or not they will work for you depends largely on your lifestyle and the goals that you have for your appearance and the functionality of your smile.



DENTURES TO RESTORE THE SMILES EFFICIENTLY AND BEAUTIFULLY

- **SLEEK**
- **BEAUTIFUL**
- **FULLY FUNCTIONAL**



### FULL DENTURES

- USE WHEN ALL OF THE TEETH IN A SINGLE ARCH ARE MISSING OR EXTRACTED
- ARE CONSTRUCTED WITH ARTIFICIAL TEETH AND GUMS
- MAY USE DENTURE ADHESIVES TO KEEP DENTURES SECURE

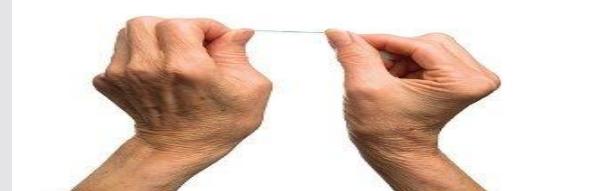
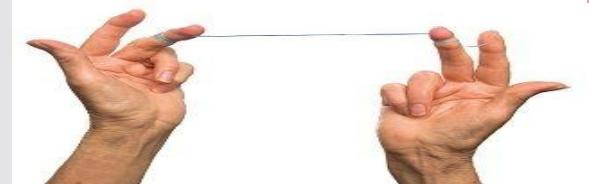
### PARTIAL DENTURES

- INCORPORATE ONLY FALSE TEETH
- DO NOT INCLUDE ARTIFICIAL GUMS.
- ARE MADE WITH A PLASTIC AND METAL FRAMEWORK



### BENEFITS

- can be removed to easily clean
- can be adjusted as the mouth changes
- can be upgraded and repaired as necessary
- restore beauty to the smile
- restore function and improve digestion of foods
- allow patients to speak properly
- affordable



# Should you brush your gums if you wear dentures?

- After removing your dentures, gently brush your tongue, gums, cheeks and the roof of your mouth with a soft-bristled brush (or gauze) each day. This will help remove plaque and stimulate circulation in your tissues.
- For flossing, no matter if you have dental appliances like bridges or partial dentures or all your natural teeth, it is important to floss your teeth. If you have dental appliances, it is also important to floss between the appliance and your gums, so you can protect your overall health.

# **Signs of good oral hygiene**

**Good oral hygiene results in a mouth that looks and smells healthy. This means,**

- Your teeth are clean and free of debris
- Gums are pink and do not hurt or bleed when you brush and floss
- Bad breath is not a constant problem

# RESORCESS

- <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>
- <https://foxkidsdentistry.com/blog/how-teach-kids-brush-teeth/>
- <https://www.colgate.com/en-us/oral-health/kids-oral-care/what-parents-should-know-about-mouthwash-for-children>
- <https://www.webmd.com/oral-health/guide/dental-care-seniors>
- <https://www.billingsdentureclinic.com/denture-talk-flossing-facts/>