General

**Patient Educational Materials**

At 32-Smile, we're committed to helping you educate your patients on oral health conditions, dental procedures, and proper oral hygiene techniques. You will find printable patient materials on a variety of topics. We also have oral health instructional videos and materials developed for children.

Content 1

# What is Gingivitis? Treatment & Prevention

Did you know… 75% of Americans will experience gum disease at some point in their life? Gingivitis is an early stage of gum disease can be easily managed, prevented and treated

## What is Gingivitis?

Gingivitis occurs when plaque, which contains bacteria, builds up on teeth and produces toxins that irritate the gums. Signs of gingivitis include bleeding, puffy, sore, inflamed or red gums. Managing gingivitis is important so that it doesn’t progress into a more serious form of gum disease.

Thorough daily plaque removal is your best weapon against gingivitis. Other factors that might increase your risk of gingivitis include smoking, stress, hormonal changes, poor nutrition, medications and chronic diseases.

### Treatment and Prevention of Gingivitis

Here are some important ways to help manage gingivitis, and remember, it’s all about keeping your teeth as free from plaque as possible

1. Brush thoroughly twice a day with an antigingivitis toothpaste
2. Rinse thoroughly with an antigingivitis mouthwash
3. Use a soft bristled manual or powered toothbrush,
4. Floss daily, and
5. Visit your dental professional regularly.

### What is the difference between gingivitis and advanced periodontal diseases?

Gingivitis and periodontitis are “stages” of periodontal, or gum, disease. Gingivitis is the earliest form of gum disease marked by inflamed, swollen, bleeding and red gums. Gingivitis is reversible, but if not treated can progress to the more advanced stage called periodontitis where gums pull away from teeth allowing bacteria to cause infection that can damage teeth and their supporting bones. Periodontitis is actually the leading cause of tooth loss. Periodontitis can cause permanent damage. Follow a strict oral hygiene routine to catch gingivitis early and avoid the progression to more serious gum disease.

Content 2

**Restorative Dentistry - Tagalog**

"Restorative dentistry" is a term used by dental professionals to explain how they replace missing or damaged teeth. Pastes, crowns (“caps”), dentures, and implants are common restorative options. The goal is to restore your natural smile and prevent future oral health issues.

**Why restorative dentistry procedures are important**

Dental fillings help maintain proper alignment of teeth

Replacing missing teeth makes it easier to maintain good dental and oral care habits to help prevent plaque build-up and the problems plaque can cause.

Losing teeth can affect your health, appearance, and self-esteem

**Filling Options for Restorative Dentistry Treatment Fillings**

The most common way to treat a cavity is for your dentist to remove the decay and fill the tooth with one of many different materials. These filling materials include gold, porcelain, silver amalgam (composed of mercury mixed with silver, tin, zinc and copper), plastic or tooth-colored composite resin.

**Crowns**

A crown is a tooth-shaped cap placed over a tooth. It is used to strengthen and protect your tooth structure. Your dentist prepares the tooth, assesses its condition, and then a specialist will make a crown in the laboratory.

**Dentures**

The denture "bridges" the gap where the removed teeth were. A denture has a crown on either end as an anchor and artificial tooth(s) that connect the crowns and fill the empty space. Dentures prevent your other teeth from moving out of place. Once a denture is in place, it can be used just like your natural teeth.

**Dental Implants**

Dental implants are used to replace missing teeth. An implant has 2 parts: a metal anchor and a false tooth, similar to a crown. A dental implant looks and feels just like a natural tooth.

**Tips for taking care of your restorative dentistry work**

Brush your teeth well twice a day.

Electric toothbrushes can help remove plaque from your teeth and do restorative work.

Be sure to floss around your teeth, dental implants, crowns, and dentures every day.

Try not to chew hard or sticky foods. They can damage your implant, denture, or crown..

Use an antibacterial mouthwash to help fight plaque bacteria around restorative work.

Content 3

**The** **importance of dental checkups - Why A Regular Dental Check Up Is Important**

Regular dental checkups are important because they help maintain healthy teeth and gums. It is recommended that you visit the dentist at least every 6 months, or as often as directed by your dental professional.

Content 4

**Tartar on Teeth - Tartar on Teeth**

Tartar, also known as calculus, is hard plaque that stains teeth and causes discoloration. Tartar is strongly adhesive and can only be removed by a dental professional. Tartar build-up can also make it more difficult to remove plaque and new bacteria. Individuals vary greatly in their susceptibility to plaque and tartar. For many of us, these plaques build up faster as we age.

**How does tartar form?**

If plaque is not removed regularly and completely, minerals in saliva combine with plaque to form hard crystals that form tartar.

**How to remove tartar?**

While plaque can be removed with thorough brushing and flossing at home, tartar can only be removed by a professional at a dental office. The dentist or dental hygienist will use sharp tools to scrape (scale) tartar above and below the gum line and smooth the tooth surface to help prevent further plaque and tartar from forming.

**Why is it important to prevent tartar buildup?**

The surface of tartar is rough, making it difficult to remove with a toothbrush and dental floss. Tartar doesn't look good either - tartar can be yellow or even brown as stains accumulate. Additionally, because tartar traps plaque and makes at-home oral hygiene difficult, tartar can contribute to tooth decay, bad breath, and severe forms of gum disease.

Content 5

**Dental Decay - Erosion - Tagalog**

Dental decay or wear and tear is the loss of tooth structure caused by the combined influence of chemical and mechanical forces. Some of the signs and symptoms of dental decay include dull and yellowish appearance of the teeth, flattened surfaces of the chewing teeth in the back and thinning edges of the front teeth, as well as also the general sensitivity of the teeth.

Before you can see or feel these signs of damage, the acids in your mouth begin to dissolve the protective enamel and make your teeth more susceptible to damage by otherwise "normal" everyday activities. that activity. If you eat a lot of acidic foods or drinks, have gastroesophageal reflux disease (GERD), vomit frequently, use certain medications or dietary supplements, or experience dry mouth, you may be more likely to have a destructive use of your teeth.

**How destruction works:**

The first step in the process of wearing down your tooth is softening the surface of the tooth. Just as lemon juice breaks down hard rock over time, the acids you eat or acids from your stomach soften the outer layer of your teeth.

Once the surface protective coating has softened, brushing, eating, and other regular daily activities gradually remove the enamel and expose the underlying structure.

When the tooth's outer protective surface is compromised, other environmental factors will continue to attack the tooth structure leading to more and more damage over time. The loss of tooth structure further weakens the mouth against other diseases such as tooth decay, jaw pain, extreme sensitivity, and others.

**Take these steps to prevent damaging your teeth:**

Avoid consuming foods and drinks that expose your mouth to acids and/or replace them with products that have a high concentration of calcium such as yogurt, milk, and cheese.

Talk to your medical practitioner or your dentist

if you have conditions that can increase the production of stomach acids

if you are using acidic drugs or supplements

if your saliva production is compromised.

Use a daily oral care product that can prevent wear and tear on your teeth such as toothpaste with stannous fluoride.

See your dental professional regularly to check for wear and tear on your teeth and receive personalized recommendations on how to prevent damage from dental wear and tear.

Content 6

# How to Brush And Clean Your Tongue?

## Why should you clean your tongue?

Your tongue, unlike your teeth, has a rough surface that’s full of many peaks and troughs that are the perfect place for bacteria to settle and thrive. In fact, your tongue has much more bacteria than your teeth do. This bacteria is easily able to transfer itself to your teeth and cause damage as well as creating bad breath. In fact, as long as you don’t have any other dental issues such as gingivitis or tooth decay, bacteria on your tongue is one of the leading causes of bad breath.

We all know you should brush your teeth twice a day and floss at least one time a day, but do you know you should be cleaning your tongue too?

## How to clean your tongue

Once you’ve thoroughly brushed your teeth you should then turn your attention to tongue cleaning.

Brushing your tongue is all about removing the bacteria at both the front and the back. The front is relatively self-cleaning but the back is vital. Begin by putting a small amount of toothpaste on the brush, start at the back and move forward remembering to scrub both side to side and up and down. Use a reasonable amount of pressure but stop if it becomes painful.

You can buy tongue scrapers but for most people, the bristles of a toothbrush will be fine.

## How often should you be brushing your tongue?

You should make tongue cleaning part of your usual oral care routine and do it at least twice daily, usually in the morning and before bed. If it gets to midday and your mouth is dry or you have a foul taste, try brushing your tongue again.

Content 7

# How to Brush with an Electric Rechargeable Toothbrush

You can achieve better plaque removal and gingivitis reduction with an electric rechargeable toothbrush that utilizes oscillating-rotating technology than with a regular manual toothbrush.

This brushing action is very different from ordinary manual toothbrushes, as it does the job of brushing for you. Be sure to guide the brush head to all parts of your mouth.

## Rotating Electric Rechargeable Toothbrush Instructions

**Step 1:** Hold the brush parallel to the floor, against the side of your teeth.

**Step 2:** Guide the brush head slowly from tooth to tooth, following the curve of the teeth and gums. It isn't necessary to press hard or scrub. Simply let the electric rechargeable toothbrush do all the work. Hold the brush head in place for a few seconds before moving on to the next tooth.

**Step 3:**Don't forget to reach all areas, including the insides, outsides, chewing surfaces, and behind your back teeth.

Refer to the brushing instructions supplied with your electric rechargeable toothbrush for additional information.

Remember, you have the “power” to keep your teeth as plaque-free as possible at home, helping to protect your teeth and gums for a lifetime.