

CORRECT TEETH CLEANING AND PREVENTION OF DENTAL DISEASES

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Annotation. *In order to prevent the occurrence of dental diseases, it is important to teach oral hygiene and keep the mouth clean from childhood. This habit helps to avoid tooth decay and future dental treatment costs. It is especially important to do this if there is a genetic predisposition, if the parents have frequent caries and its recurrence.*

Key words: *caries, teeth, dentist, enamel, oral cavity, mouthwash.*

Frequent visits to the dentist greatly facilitate the treatment of dental diseases and increase the chance of saving the tooth.

To maintain healthy teeth, you should brush them with a toothbrush in the morning and evening, always after meals. If you do this before eating, plaque from food will remain on your teeth. If it is not removed, microorganisms will feed on plaque until the next cleaning and release acids that destroy teeth..

In addition, experts advise brushing your teeth not immediately, but at least 30 minutes after eating, so that the acid-base balance in the mouth is restored. This is due to the fact that almost all foods contain acids, which slightly soften the enamel during eating. If you brush your teeth right away, you can further injure it and make it vulnerable to bacteria. Especially a lot of acids that destroy teeth are found in berries, fruits and dairy products.

It doesn't matter what kind of brush a person uses to brush their teeth, regular or electric, the main thing is to follow the correct technique. There are two of them - the Bass technique, which involves brushing teeth from top to bottom (from the gum to the edge of the teeth) at an angle of 45 degrees, and the Stillman technique - it involves guiding the brush from bottom to top (from the edge of the teeth to the gum) with soft sweeping movements. The first technique is suitable for everyone, regardless of the condition of their teeth and gums; the second is recommended for people with inflamed or regularly bleeding gums.

Cleaning the space between teeth. A toothbrush does not remove food particles between teeth well, so in addition to classic brushing, doctors advise using dental floss, a dental brush or a irrigator. They help remove food debris from hard-to-reach places. In addition, you should use a mouthwash after meals

to prevent the formation of tartar. Thanks to these simple manipulations, you can reduce the formation of plaque and prevent the development of gum disease.

Tongue cleansing. In addition to the teeth, bacteria settle on the tongue, from where they easily move onto the teeth and into the interdental spaces. To remove strangers, it is better to clean it as well. To do this, use a special scraper, not a toothbrush. The fact is that a brush cannot remove plaque from a soft and porous surface, but only smears it across the tongue. The scraper easily removes plaque if you make one movement from the root of the tongue to the tip.

Prevention and prognosis for caries.

To prevent caries, it is advisable to rinse your mouth after every meal. Finish your morning and evening teeth brushing with a mouth rinse. Daily use of mouthwash helps strengthen enamel and reduce plaque, even in hard-to-reach places.

This prevention of dental caries in children and adults can significantly reduce the risk of harmful effects of bacteria.

In many regions, drinking water does not contain enough fluoride, which leads to insufficient enamel strength. The deficiency of this microelement can be compensated for by fluoridation of water. But it's easier to use special rinses. "Caries Protection" contains enough fluoride to protect your teeth with regular use of mouthwashes. In addition to these remedies, you can introduce more seafood into the menu; this is a natural prevention of dental caries.

Eating excessively cold, hot or contrasting foods has a negative impact on the condition of the enamel; microcracks may appear on it. They become entry points for carious bacteria.

To prevent the occurrence of caries, it is important to teach oral hygiene to the child. This habit will help you avoid tooth decay and the costs associated with dental treatment in the future. It is especially important to do this if there is a genetic predisposition, if the parents had frequent episodes of caries and its relapses.

The prognosis for dental caries depends on the area and depth of tissue damage, as well as on the chosen treatment method. Early contact with the dentist can significantly simplify treatment and increase the chance of saving the tooth.

Preventative visits to the dentist.

You should visit your doctor at least once a year, if possible once every six months. During the appointment, in addition to the examination, it is recommended to have professional teeth cleaning, which removes tartar and plaque.

You should contact a dentist not only when various complaints arise. Regular examinations by a specialist prevent the development of complications and help prevent early tooth loss. When plaque mineralizes and tartar forms, it is advisable to carry out regular professional oral hygiene. Adults should undergo a dental examination every six months. It is advisable for children to see a doctor every 3 months, since they need to be diagnosed with caries as early as possible.

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