

## Rules and Means of Oral Personal Hygiene

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### Abstract

Most oral diseases are located in the human mouth associated with the activity of pathogenic bacteria. If a person's immune system is strong if it is and can resist it, the bacteria will not harm health. In the case of a disease or weakening of the body, pathogenic bacteria increase starts and has a detrimental effect. Excess of food with consumption of expanded content carbohydrates. Of pathogenic microorganisms the results of vital activity are external and internal to the gums, tongue, cheeks, teeth on the surface, it appears as soft compounds in the oral cavity. Plaque and to remove deposits, daily and proper cleaning is used at home, but sometimes it is not enough to deal with the symptoms of bacterial damage. In this case, many turn to professionals for professional oral hygiene. Labor hygiene is often necessary to improve the color of tooth enamel. This the procedure is mandatory before sanitation of the oral cavity. Tooth and tooth mechanical cleaning of the surface of the flesh from bacterial deposits occurs in time caries and helps prevent the development of periodontal tissue diseases.[2]

Today in the prophylaxis of major dental diseases it is complete that oral hygiene is the most basic, effective event proved. Regularly clean the teeth, make them teeth soft cleaning the gums in combination with this mechanical implementation of Massage (Massage) of the enamel in a physiological way ensures maturity in moderation.

**Keywords:** Dental cleaners, oral hygiene, toothbrushes, dental elixirs, floss, gum.

Oral hygiene dental hard tissues specifically enamel floor paradont tissue Fossae, enriched with calcium, microelements, fluorine and vitamins, making them unpleasant increase its stagnation in relation to external environmental influences. Dental cleaning regular mechanical massage of gums

during their blood circulation improves, thus the parodont tissue has feeding strengthens, accelerates metabolism.[3,8]

Personal hygiene of the oral cavity-from the surface of the teeth, gums hygienic means of soft scrubs, remnants of food mechanical and chemical, which consists of scraping with the help of is the process. Such an event is organized by each person personally two per day Marta perform in the morning, after breakfast and before the evening sleep is considered to be fully fit for the purpose.

Professional oral hygiene: what is it?

Activities aimed at removing deposits on the surface of teeth and gums, this is done by a specialist different method... Oral cavity for professional hygiene, special tools and devices are used. Process from brushes of different hardness and different lengths, ultrasonic and combined from equipment, irrigators, therapeutic ointments and oral cavity which uses special abrasive cleaners for mechanical cleaning it is carried out by a hygienist who uses professional toothbrushes.[6]

Professional oral hygiene methods and tools Oral cavity special antiseptic before performing manipulations washed with a solution... The whole procedure is performed using local anesthesia is in the form of a spray, gel or injection. Dental plaque by hand or it is removed using hardware. To remove dental plaque apparatus a special painless and safe system is used. Four decay occurs laser using the device. To remove soft layers on the tooth the specialist uses special abrasive plates and scrapers. Previously, this the only way to get rid of stones and deposits in soft tissues was. At present, manual manipulation can be cleaned using devices it is carried out in places where there are no. Contraindications to Professional oral hygiene Not all patients are indicated for these procedures. Hygienic cleaning is not carried out if patients have the following diseases and pathological conditions: the doctor after Labor hygiene of the oral cavity oral with the rules of care for the cavity and the basics of finger massage introduces, helps you choose. toothpaste and teeth of the desired hardness brush. Beautiful teeth create an attractive smile. But oral hygiene insufficiency can lead to toothache, caries, tooth decay and tooth decay. can lead to loss. A careful look is health and healthy is the key to marriage. Following the basic rules, you can in the dentist's chair you spend less time and save your budget to treat your tooth. Of this to clean the teeth, the surface of the tongue and massage the gums it is enough to perform the daily ritual. Another that has a beneficial effect on the result there are recommendations

It is necessary to carry out professional oral hygiene once every six months, in some cases once every 3-4 months, because no matter how hard a person tries, he cannot completely remove plaque and tooth sediments. Only special equipment, triples, brushes, pastes and other devices can completely solve this problem.[7,9]

The sequence of this is as follows: First, the tartar is removed, then pigmented plaque, the surfaces of the teeth are smoothed with special pastes, and the teeth are varnished.

Dental and dental sediments are removed in several ways: manually and using a special technique.

To date, the most effective way to remove tartar is to use an ultrasound machine. Stone removal using an ultrasonic Scaler is a painless, undamaged procedure that does not damage tooth enamel. An ultrasonic scaler generates vibrational movements that cause the tartar to flutter.

After cleaning the consistency, the doctor proceeds to remove pigmented plaque using special bleaching agents and pastes.

After cleaning tartar and plaque, the doctor will definitely cover the teeth with fluoride gel or varnish to relieve enamel sensitivity [1,5]

From today's requirements to oral hygiene compliance, ensuring its regularity, dental personal preventive, routine activities from the point of view of diseases for implementation, it is correct to use a number of hygienic means comes. These tools are divided into basic and auxiliary tools:

Main tools:

1. Toothbrushes
2. Toothpaste
3. Dental powder

Auxiliary tools:

1. Toothpicks (cleaners)
2. Floss (special threads)
3. Chewing rubber (gum)
4. Dental elixirs

How to choose the right toothbrush?

A toothbrush is an individual tool of use, which must be maintained by each person himself. For example, it is recommended to wash the new toothbrush thoroughly before use, apply soap to the bristles, leave it in the glass overnight with the head part up, and rinse it thoroughly in running water before use. One brush cannot be used for more than two months. Two months have passed, it is necessary to replace it with a new one.[3,4,5]

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What are the pastes? Will we use the right one?

- There are types of modern toothpastes with hygienic, curative properties. The healers are in turn divided into toothpastes, which have an anti-inflammatory effect and prophylactic properties. The proinflammatory agents are divided into Salt-preserving and biological activity. Those that are prophylactic in nature are divided into fluorine-preserving and mineral-preserving properties. In addition, there are more whitening toothpastes.

While people usually go into the store, the price and size buy a paste that they like or that their eyes see first. In fact, pastes should be chosen on the advice of a doctor, depending on the condition of the tooth, whether there is a disease or not. Those who do not have any problems with their teeth can easily use ordinary hygienic pastes.

From the water we drink to the area we live in, teeth play a role in health. The main substance needed for teeth is fluoride. We get it from the food we eat, the water we drink. In the absence or lack of this substance in the water of certain regions, it is recommended to use fluoride toothpastes. If the opposite happens, it is also possible not to use such toothpastes. For example, the water of the valley sides has enough fluorine.

Dental cleaning powder are widely used until the recent past used as a means of hygiene. It is the main cleaning agent for dental powder and is chemically purified precipitated chalk is. Powder with the addition of odors, flavorings to it prepared. Dental powder has a strong abrasiveness bias towards pastes cleans teeth well from caraches. Bad breath the loss is weaker. The main thing from the disadvantages is quickly microbes contamination with.[4]

**Dental cleaners** today are a means of oral hygiene always co-exist. Dental cleaners are made of plastic and fragrant, khushtaam is made from the wood of trees. Triangle according to its shape, it will be flat, round. They are mainly from food residues and contact surfaces between the teeth used for cleaning caraches. At the same time dental cleaners mechanically massage the gums between the teeth to make blood circulation in them strengthens, while avoiding existing mild inflammatory processes participates.

**Floss:** Depending on the preparation of floss: waxed and not waxed, according to its shape; it is made triangular, flat, round. Floss threads to the index fingers of the hands for cleaning teeth with the help of mechanical movement, which is rolled up and inserted into the range of teeth caraches are cleaned from the intermediate surfaces of the teeth and the lateral surfaces, gums are massaged in turn.

**Chewing gum**-increased salivation, cleaning the surface of the teeth and neutralization and mechanical processing of the acidic environment formed by microbes as a result, a participant in the improvement of oral hygiene is a tool. The chewing resins are attached to the oral cavity tissue as follows effect:

- ✓ accelerates saliva separation
- ✓ ensures that its buffer capacity increases when the saliva is separated
- ✓ washing and cleaning difficult cleaning areas of the oral cavity provides
- ✓ improves sucrose clearance in saliva
- ✓ actively participates in the cleaning of food residues[9]

What other factors affect the health of the oral cavity?

- Pregnant women are strictly prohibited from taking the tetracycline antibiotic tablet. This drug, which enters the mother, affects the developing tooth buds. When the baby is born, the milk teeth come out in a yellow spotted appearance, not white as usual. Such teeth are known as tetracycline teeth. Even during the period of teeth falling out and regurgitation, it does not return to the usual norm.

If you pay attention, most people will have lost their tooth color clarity. This is also caused by nos, cigarette smoking, coffee, blue and black tea, drinks that you consume in color. I recommend drinking water as simple as possible. Whether you have consumed some kind of drink of color, you should also keep hygienic rules tight[6,8,10]

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