

# EXPERIMENT: 4



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

**Ms. Rupali Rupasmita Rout**  
**Assistant Professor**

## **AIM OF THE EXPERIMENT:** Oral Health and Hygiene

### **REQUIREMENT:** Data Collection

### **THEORY:**

Proper oral hygiene is essential for healthy teeth and gums. It is a healthy practice of keeping mouth clean and disease-free. It involves brushing and flossing of teeth as well as visiting to dentist regularly for dental X-rays, exams and cleanings.

Oral hygiene is a preventative care. This means it can stop oral health problems such as cavities, gum disease, bad breath (halitosis) and other issues. Oral health is also linked to whole-body health. If an infection is present in mouth, bloodstream can carry the bacteria to other areas of your body, leading to other health concerns like heart disease and stroke. Keeping teeth and gums healthy is an important part of long-lasting overall health.

### **METHODS:**

- ✚ Brush your teeth at least twice a day: Use fluoride toothpaste and a softbristled toothbrush. (Medium or hard bristles can damage your gums and tooth enamel.) When you brush, place your toothbrush at a 45-degree angle toward your gums. This helps sweep away plaque and bacteria at the gum line. Be sure to brush all teeth surfaces, including the backs and sides. □ Floss once daily: You can't reach the spaces between your teeth with brushing alone. To clean these areas, you need dental floss. Take a piece of floss that's about 18 inches long. Wrap each end around your middle fingers. Using your thumbs and forefingers, guide the floss between two teeth. Wrap the floss snugly around one tooth in a C shape and clean it using about 10 up and down strokes. Next, wrap the floss around the other tooth and repeat. Continue this process on all of your teeth. If you have

dexterity issues, you can also use interproximal brushes and dental picks to clean between your teeth. Water flosses are excellent for removing large pieces of food and debris. So, if you use a water flosser, be sure to use traditional dental floss as well.

- ✚ Brush your tongue: Your tongue holds bacteria like a sponge. Whenever you brush your teeth, don't forget to brush your tongue. You can use your toothbrush for this purpose. Or, you can purchase a tongue scraper in the oral health aisle.
- ✚ Use an antibacterial mouthwash every day: Antibacterial mouthwash helps keep harmful oral bacteria at bay. In addition to washing away food and debris, it also reduces plaque buildup. Be sure to choose an alcohol-free formula to prevent dry mouth.
- ✚ Visit your dentist regularly: Routine dental exams and cleanings are essential for good oral health. Many people do well with six-month visits. But, if you're prone to cavities, gum disease or other oral health problems, you may need more frequent appointments.
- ✚ Avoid smoking and other tobacco products: Smoking is a leading cause of gum disease and oral cancer. It's best to avoid these products altogether. If you currently smoke and would like to quit, ask your healthcare provider about treatment options that can help.

### **ADVANTAGES OF GOOD ORAL HYGIENE:**

Healthier teeth and gums. A beautiful smile. Fresher breath. A reduced need for dental work such as fillings, crowns, bridges, implants or dentures. A lowered risk of heart disease, stroke, diabetes and other health concerns. A reduced risk of oral cancer.

**Conclusion:** From the above experiment, we discussed about Oral Health and Hygiene.