



SAFEGUARD YOUR SMILE



Lets learn how to do good oral hygiene self-care

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LOOK PAMMI IS HERE!

SAT SRI AKAL PAMMI, HOWCOME YOU GOT LATE TODAY?

SAT SRI AKAL, I WENT TO PICK UP MY MOTHER IN LAW FROM AIRPORT AND GOT STUCK IN TRAFFIC DUE TO RUSH HOUR.



DID YOUR MOTHER IN LAW GO FOR A VACATION ?

NO IN FACT MY MOTHER IN LAW HAD LOTS OF DENTAL PROBLEMS AND SHE WENT TO INDIA TO GET HER DENTAL TREATMENT DONE SINCE YOU KNOW IT IS SO EXPENSIVE HERE IN CANADA.



I CAN UNDERSTAND, I HAVE MANY DENTAL PROBLEMS BUT SINCE I HAVE NO DENTAL INSURANCE AND DENTAL TREATMENT IS QUITE EXPENSIVE, I DON'T GO TO DENTIST HERE IN CANADA.



VEERA, I HAVE DENTAL PROBLEMS ALSO BUT I AM SO SCARED TO GO TO DENTIST SINCE ONCE I HAD A BAD EXPERIENCE.



WHILE BRUSHING, SOMETIMES I HAVE BLEEDING FROM MY GUMS AND MY MOUTH SMELLS BAD ALSO BUT STILL I AM SCARED TO GO TO A DENTIST.



SISTER RANI, I HAD SIMILAR DENTAL PROBLEMS LIKE YOU BUT WHEN I WENT TO DENTIST, FIRST HE DID CLEANING OF MY TEETH AND THEN EXPLAINED ME IN DETAIL ABOUT HOW TO DO ORAL HYGIENE SELF-CARE AT HOME.

EVER SINCE I DAILY DO ORAL HYGIENE SELF-CARE AND I DO NOT HAVE DENTAL PROBLEMS ANY MORE.



VEERA, COULD YOU SHARE THE KNOWLEDGE THAT YOUR DENTIST GAVE TO YOU WITH ALL OF US?





SURE, THE FIRST THING THAT MY DENTIST TOLD ME WAS THAT MAIN CAUSE OF THE COMMON GUM PROBLEMS SUCH AS GINGIVITIS IS DENTAL PLAQUE.

VEERA, WHAT IS DENTAL PLAQUE?



DENTAL PLAQUE IS FORMED WITH SALIVA, BACTERIA AND FOOD PARTICLES. IT IS A COLOURLESS THIN LAYER WHICH FORMS EVERY 8-10 HOURS AFTER TOOTH BRUSHING.



IF THIS DENTAL PLAQUE IS NOT REMOVED DAILY, IT HARDENS TO FORM CALCULUS AND INCREASES RISK OF GUM DISEASES. RECENT RESEARCH HAS ASSOCIATED DENTAL PLAQUE WITH OTHER DISEASES SUCH AS DIABETES, HEART DISEASE AND PNEUMONIA. THUS IT IS VERY IMPORTANT TO CONTROL DENTAL PLAQUE.



VEERA COULD YOU TELL US HOW CAN WE DO ORAL HYGIENE SELF-CARE AT HOME?



SURE, I CAN SHARE THE KNOWLEDGE THAT MY DENTIST GAVE ME.

IT IS VERY IMPORTANT TO DO THREE THINGS DAILY. FIRST THING IS THAT YOU MUST PROPERLY BRUSH YOUR TEETH TWICE EVERYDAY.

THE PROPER TECHNIQUE TO BRUSH YOUR TEETH IS THAT YOU PLACE YOUR TOOTH BRUSH AT AN ANGLE OF 45 DEGREES AT YOUR GUM LINE AND THEN MOVE YOUR TOOTH BRUSH BACK AND FORTH GENTLY CLEANING ALL SURFACES OF YOUR TEETH.



IT IS VERY IMPORTANT TO BRUSH YOUR TEETH DAILY FOR AT LEAST 2 MINUTES ONCE AFTER BREAKFAST AND ONCE BEFORE GOING TO BED.



SECOND IMPORTANT THING IS THAT YOU MUST CLEAN YOUR TONGUE AT LEAST ONCE DAILY EITHER WITH YOUR TOOTH BRUSH OR USE A TONGUE SCRAPER TO CLEAN IT.



VEERA, WHAT KIND OF TOOTH BRUSH OR TOOTH PASTE SHOULD WE USE?



WE SHOULD USE SOFT KIND OF TOOTH BRUSH AND A TOOTH PASTE HAVING FLUORIDE IN IT.

VEERA WHAT ELSE SHOULD WE DO FOR PROPER ORAL HYGIENE SELF-CARE?

THIRD VERY IMPORTANT THING IS TO FLOSS YOUR TEETH DAILY. FLOSS LOOKS LIKE A THREAD AND IS USED TO CLEAN DENTAL PLAQUE AND FOOD PARTICLES STUCK IN BETWEEN AREAS OF YOUR TEETH.



VEERA, I TRIED USING FLOSS BUT LOOK I HURT MY GUMS HERE WITH IT



TO AVOID HURTING YOUR GUMS WHILE FLOSSING, I WILL TEACH YOU PROPER TECHNIQUE OF USING FLOSS THAT MY DENTIST SHOWED ME.



TAKE ALMOST 18 INCHES LONG PIECE OF A DENTAL FLOSS AND ROLL ITS ENDS AROUND MIDDLE FINGER OF YOUR EACH AND THEN HOLD ALMOST 1-2 INCHES OF IT WITH YOUR THUMBS AND FIRST FINGERS.

NEXT, STICK THIS FLOSS IN BETWEEN YOUR TWO TEETH AND GENTLY SLIDE IT DOWN ALONG TOOTH SURFACE AWAY FROM YOUR GUM LINE.



MAKE SURE TO ALWAYS USE A CLEAN PART OF THE FLOSS TO CLEAN EACH AREA IN BETWEEN YOUR TEETH. IT TAKES ALMOST 2 MINUTES TO FLOSS ALL OF YOUR TEETH. LAST IMPORTANT THING IS THAT RINSE YOUR MOUTH TWICE EVERYDAY WITH A GOOD MOUTH RINSE .

REMEMBER FOR GOOD ORAL HYGIENE SELF-CARE

1. Brush your teeth twice daily with a fluoridated tooth paste.
2. floss your teeth once daily.
3. Clean your tongue once daily either with your tooth brush or tongue scraper.
4. Rinse your mouth twice daily with a mouth rinse.
5. Eat healthy and balanced diet.
6. Visit your dentist once every six months for a check-up.



