

ORAL HYGIENE AS AN IMPORTANT FACTOR IN DENTISTRY

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Abstract: This article analyzed a lot of literature to study the relationship between hygiene and the prevention of dental diseases. Today, this topic is very relevant, since the population does not attach much importance to hygiene as a prevention of oral diseases. The reason for this is a lack of information.

Keywords: oral hygiene, method, prevention, treatment, hygiene products.

INTRODUCTION: Dental health of people is an important problem of modern society. At all times, dental health has been undeniably associated with oral hygiene; ancient healers argued that a person is healthy as long as his teeth are healthy [1].

Professional and individual oral hygiene is the main component of the prevention of dental diseases and the main indicator of the dental health of the population [2].

Daily oral care with the help of specialized hygiene products, such as toothbrushes, toothpastes, elixirs, and rinses will help maintain oral health and prevent the development of diseases of hard tissues and periodontal tissues [2].

MATERIALS AND METHODS: Prevention of dental caries and periodontal diseases requires a clear understanding of the causes that cause these diseases and the factors contributing to their development.

Much literature suggests that dental plaque is one of the causes of dental caries. Initial caries lesions occur in places where favorable conditions are created for the accumulation of plaque (pits and fissures, on proximal surfaces and cervical areas). The cariogenic microflora of the oral cavity serves as an etiological factor in the occurrence of caries. And in order for such microflora to arise and the development of caries to begin, the presence of certain conditions must be present. These conditions can be factors such as the intake of easily fermentable carbohydrates, due to which dental plaque is formed. Caries forms if the process of demineralization prevails over remineralization. In this case, caries can develop with a low level of tooth enamel resistance [3,4,8].

RESULTS AND DISCUSSION: Prevention of diseases of the oral mucosa of known etiology consists in eliminating the causes of their occurrence. Thus, to prevent infectious diseases that manifest themselves in the oral mucosa (syphilis, etc.), measures are necessary to prevent infection from entering the body. Prevention of diseases of the oral mucosa of unknown etiology consists of taking measures aimed at eliminating or reducing the impact of risk factors and increasing the body's resistance. For nonspecific prevention of diseases of the oral mucosa, health measures are important, including systematic hygiene and sonation of the oral cavity.

Preventive measures also include early detection of diseases and timely treatment of patients. One of the most effective measures to prevent oral cancer is periodic preventive examinations with subsequent dispensary observation in case of detection of chronic diseases of the oral mucosa [3].

An integral part of hygiene and prevention of various dental diseases is individual oral hygiene, which includes the patient's careful and regular removal of dental plaque from the surfaces of the teeth and gums using various means [2,6].

The quality of teeth cleaning and, consequently, the effectiveness of preventive measures largely depends on the methods and hygiene products used [4].

Basic personal oral hygiene products:

- toothpastes, gels, tooth powders;

- toothbrushes.

Recommendations for choosing a toothbrush

The bristles should be neither too soft nor too hard. Currently, most manufacturers offer brushes in five categories from very soft to super hard. A toothbrush with medium-hard bristles is universal and suitable for most adults. On the one hand, it effectively cleans your teeth, and on the other, it does not irritate your gums. It is recommended to change your toothbrush every three to four months [2,5].

Regular brushing is much more effective for whiter teeth [2,3]

Additional oral hygiene products:

- floss (dental floss), toothpicks;
- irrigators (hydromassagers)
- interdental stimulators
- means for cleaning the tongue: scrapers, scraper brushes;
- mouth rinses, teeth whiteners;
- powders for processing dentures. [1,5]

Dental floss that is used to clean specific surfaces of teeth.

These threads are made from artificial fibers or foam rubber.

One of the main tasks of individual prevention of dental diseases is not the promotion of well-known generally accepted measures, without restrictions and additional recommendations, for all populations of the country as a whole, but the improvement of the health of the country's population, through improving the prevention system by individualizing preventive measures for each specific individual [5].

The relevance of preventive measures is also expressed in a reduction in the volume of treatment measures and, as a consequence, material costs [4]. This is confirmed by data according to which the cost of preventive methods is 20 times lower than the cost of treating already developed diseases [5].

However, although a large number of authors have convincingly shown that proper oral care reduces the intensity of the growth of the carious process [1,5].

CONCLUSION: Thus, after analyzing a large amount of scientific literature, we can conclude that oral hygiene is an important component of the prevention of dental diseases.

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