

# Oral Hygiene Instructions

# Common Oral Diseases

Gingivitis



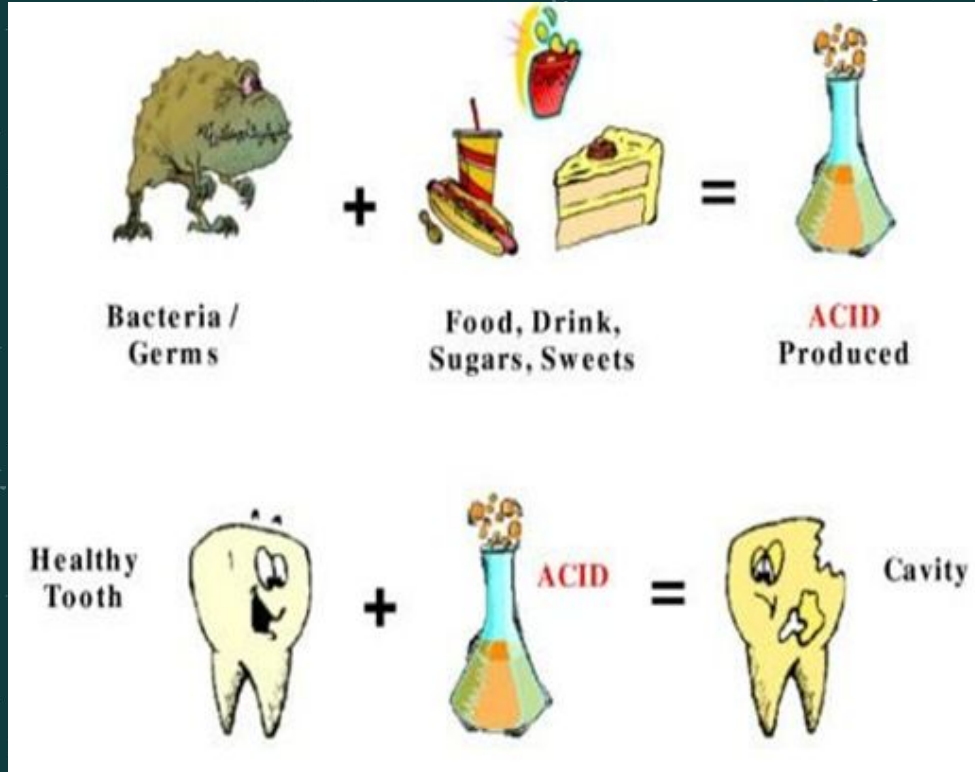
Periodontal Disease



Reversible Irreversible

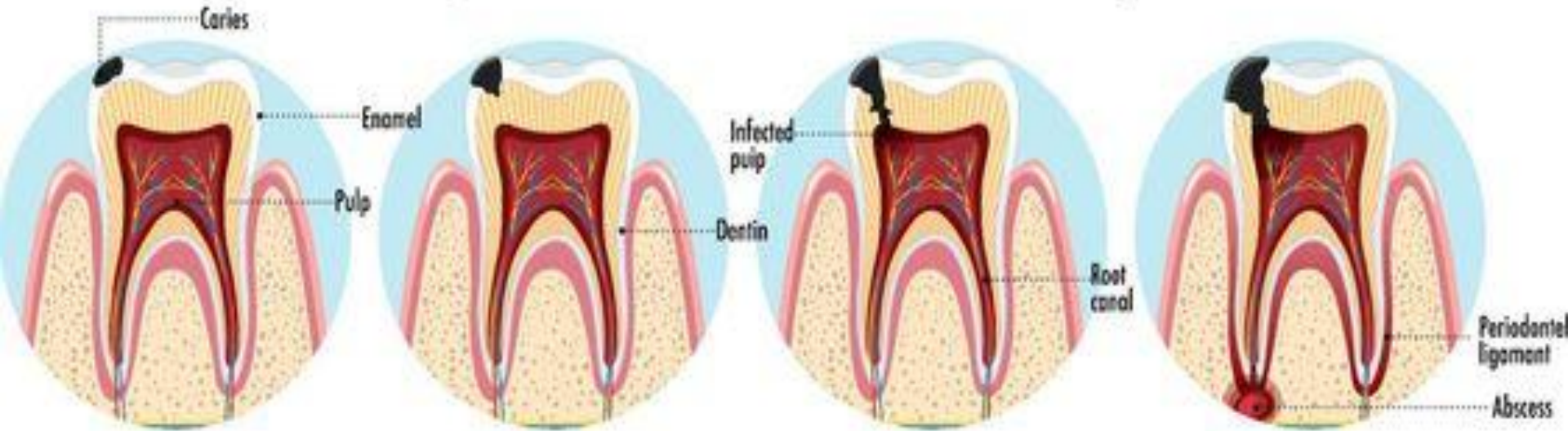


# Process of Caries





# The Stages of Caries Development



1. Enamel caries

2. Dentin caries

3. Pulpitis

4. Periodontitis

These stages are not painful

This stages painful

This stages very painful





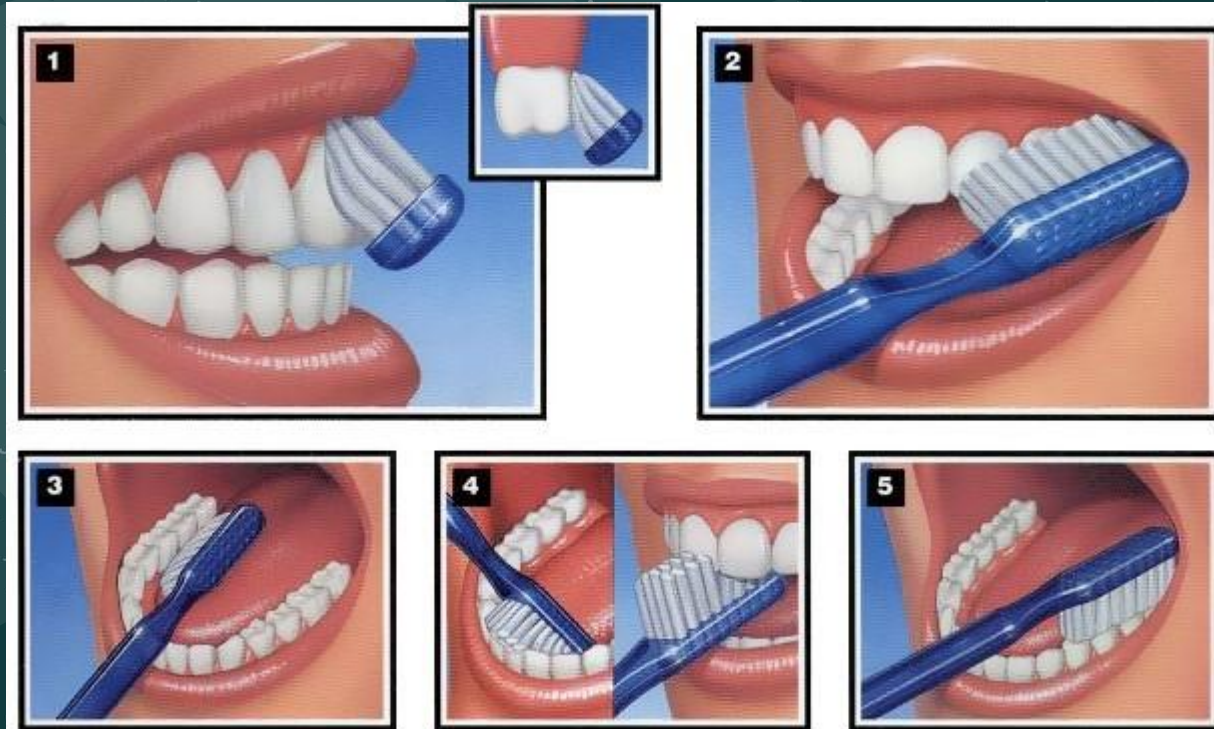
# How To Brush Your Teeth

Start with brushing your back teeth  
Angulate brush towards the gums  
Small strokes against the gum line

Continue brushing your front teeth  
Tilt the brush & use up-and-down strokes

Brush cheek, tongue & chewing side of  
ALL your teeth

Brush gently along the gum line



# It's Important To Brush Your Tongue ☆



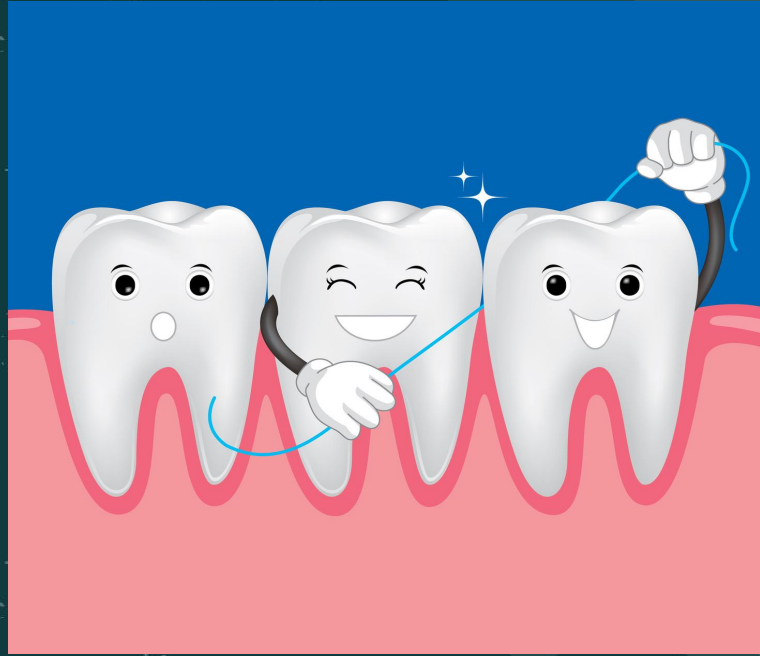
Brush your tongue in a back-to-front sweeping motion

Helps to remove odor-causing bacteria  
Makes your breath fresh

Use either toothbrush or tongue scraper



# Flossing is important!



- if you don't remove plaque and food particles in between your teeth it can lead to gum disease



# THE BEST AND WORST FOODS FOR YOUR DENTAL HEALTH

March is National Nutrition Month



## Strawberries

Strawberries contain malic acid, a natural enamel whitener.



## Spinach & Leafy Greens

Leafy greens essentially "scrub" your teeth as you chew them.



## Cheese

Cheese is a delicious source of enamel-strengthening calcium.



## Water

Drinking plenty of water helps flush sugar and acid off of your teeth. It also contains fluoride, which protects teeth against erosion.



## Apples & Pears

Crunchy apples can scrub away plaque and freshen breath, while raw pears neutralize acids in your mouth.



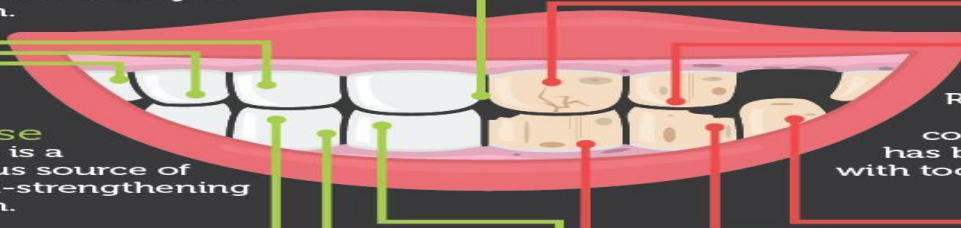
## Celery

Loaded with fibrous strands, celery is "nature's floss," stimulating saliva production.



## Sugar Free Gum

Chewing gum, particularly gum sweetened with xylitol, stimulates saliva production, which washes away acids produced by bacteria in your mouth.



## Coffee

In addition to being acidic, coffee can stain teeth even more severely than tobacco.



## Soda

Regular and diet soda consumption has been linked with tooth erosion and decay.



## Wine

Acids in both red and white wine contain erosive acid, allowing stains to deeply penetrate teeth.



## Hard & Chewy Candy

Candy - both hard and chewy varieties - saturates your mouth with sugar over several minutes, giving bacteria plenty of time to proliferate.



## Citrus Fruits & Juices

While citrus fruits are healthy and nutritious in many ways, their high acidic content can erode tooth enamel over time. Be sure to drink plenty of water after eating citrus fruits to help lessen negative effects.