

Concepts of Oral Hygiene and its Importance

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DESCRIPTION

Oral hygiene is about keeping your mouth clean and free from illness and other problems such as: Regular oral hygiene is important to prevent tooth disease and bad breath. The most common types of dental diseases are gum diseases such as tooth decay, tooth decay, gingival inflammation and periodontal disease. General guidelines for adults recommend brushing fluoride toothpaste at least twice daily, more recently at night, and at least once on other occasions. Cleaning between teeth is called inter tooth cleaning and is as important as brushing your teeth. Since the toothbrush does not reach between the teeth, only about 50% of the plaque is removed from the tooth surface. There are many tools for cleaning between teeth, such as threads, tapes, and interdental brushes. Which tool you use is up to you. Sometimes white or straight teeth are associated with oral hygiene. However, a hygienic mouth may contain discolored or bent teeth. To improve the appearance of teeth, people can use tooth whitening treatments and orthodontics. The importance of the role of the oral micro biota in dental health is increasingly recognized. Data from human oral microbiology studies show that symbiotic microbiota can switch to opportunistic pathogenic flora through complex changes in their environment. These changes are caused by the host, not the bacteria. Archaeological evidence of calcified plaque shows a clear shift within the oral microbial flora to disease-related microbial flora with cariogenic bacteria that prevailed during the economic revolution. The modern oral microbiota is significantly less diverse than the historic population. For example, tooth decay can be a common illness that affects 90% of faculty and staff in developed countries. In contrast, caries and periodontitis were rare in pre-Neolithic and early Hominine, caries is the most typical disease in the world. Eighty percent of cavities occur in the interdental space. The tooth gap does not allow brushing of

trapped food debris after eating, saliva and fluoride neutralize the acid and prevent decalcified teeth from decalcifying. Teeth cleaning are the removal of plaque and tartar from your teeth to prevent cavities, periodontitis, illness, and cavities. Serious illness causes at least one-third of adult tooth loss. Various oral hygiene measures have always been used to clean teeth. This has been confirmed by various archaeological surveys around the world that have discovered chewing rods, branches, bird wings, animal bones, and mountain storm wings. In the past, various shapes of tooth cleaning tools have been used. The Indian drug Ayurveda uses neem trees and their products to manufacture toothbrush twigs and related products. Someone chew the ends of the neem twigs until they look like toothbrush bristles, and brush your teeth with it. In the Islamic world, miswak and wrinkles made from branches and roots have antiseptic properties and have been widely used since the golden age of Islam.

It was also common to rub bicarbonate or chalk on your teeth. However, this can have a negative impact over time. Dental plaque, also known as dental biofilm, can be a sticky yellow film made up of various bacteria that adhere to the surface of the teeth and are visible around the gums. Regular brushing is recommended as it will begin to reappear once the tooth surface is cleaned. A high-carbohydrate diet promotes plaque accumulation. Sugar, a fermentable carbohydrate, is converted to acid by plaque. The acid then deteriorates the adjacent teeth, eventually resulting in tooth decay. If plaque remains in the subgingival area below the gum surface, it not only increases the risk of tooth decay, but also continues to irritate the gums, making them appear red and swollen. Bleeding can also be seen when brushing teeth or flossing. These are signs of inflammation that indicate poor gum health.

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