

Techniques for Preventing Periodontitis through Oral Hygiene Practices

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ABOUT THE STUDY

Periodontitis is a common and serious dental condition that affects the tissues surrounding and supporting the teeth, including the gums and the bone. It is caused by the accumulation of plaque and bacteria on the teeth and gums, which can lead to inflammation, bleeding, and eventually tooth loss. Periodontitis is a preventable condition, and good oral hygiene is key to its prevention.

Oral hygiene refers to the practice of maintaining the health of the mouth and teeth through regular brushing and flossing, as well as other dental procedures such as professional cleanings and check-ups. Oral hygiene is important for preventing many dental problems, including periodontitis.

Brushing and flossing

Brushing and flossing are the most important components of oral hygiene, and they are essential for preventing periodontitis. Brushing should be done at least twice a day with a soft-bristled toothbrush and fluoride toothpaste. The toothbrush should be held at a 45-degree angle to the gums and moved in a circular motion to remove plaque and food particles from the teeth and gums.

Flossing should be done at least once a day to remove plaque and food particles from between the teeth and along the gumline. Flossing is particularly important for preventing periodontitis, as it can remove bacteria from areas that are difficult to reach with a toothbrush.

Mouthwash

Mouthwash is another important component of oral hygiene that can help prevent periodontitis. Mouthwash can help kill bacteria in the mouth and reduce plaque buildup, which can help prevent inflammation and gum disease. Some mouthwashes also contain fluoride, which can strengthen the teeth and prevent decay.

Professional cleanings

Professional cleanings by a dentist or dental hygienist are also an important component of oral hygiene and can help prevent periodontitis. Professional cleanings can remove plaque and tartar buildup from the teeth and gums, which can help prevent inflammation and gum disease. Professional cleanings are recommended every six months for most people, but those with a history of periodontitis may need more frequent cleanings.

Dental check-ups

Regular dental check-ups are also important for preventing periodontitis. During a dental check-up, a dentist can examine the teeth and gums for signs of inflammation or gum disease. If periodontitis is detected, the dentist can recommend treatment options to prevent further damage and restore the health of the gums.

Diet

Diet is also an important factor in preventing periodontitis. A diet that is high in sugar and carbohydrates can increase the risk of plaque buildup and gum disease. Eating a diet that is rich in fruits and vegetables, lean proteins, and whole grains can help maintain the health of the teeth and gums.

Smoking

Smoking is a major risk factor for periodontitis and can make it more difficult to prevent and treat the condition. Smoking can reduce blood flow to the gums, making it harder for the body to fight infection and inflammation. Smoking can also reduce the effectiveness of treatments for periodontitis, such as professional cleanings and antibiotics.

Stress

Stress can also play a role in the development of periodontitis. Stress can weaken the immune system, making it harder for the body to fight infection and inflammation. Stress can also lead to unhealthy habits, such as smoking and poor diet, which can increase the risk of periodontitis.

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CONCLUSION

In conclusion, good oral hygiene is essential for preventing periodontitis. Brushing and flossing at least twice a day, using

mouthwash, getting regular professional cleanings and dental check-ups, eating a healthy diet, and avoiding smoking and stress can all help maintain the health of the teeth and gums and prevent periodontitis.