



Right Way to Clean the Mouth

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Introduction

Oral hygiene is the practice of keeping the mouth, teeth, and gums clean and healthy to prevent dental problems, such as cavities, gum disease, and bad breath. It is important to maintain good oral hygiene because it helps to prevent dental problems, which can be painful and costly to treat (Baptista et al.).

Good oral hygiene helps to prevent tooth decay and gum disease, which are two of the most common dental problems. Tooth decay is caused by bacteria in the mouth that produce acid and attack the teeth, while gum disease is an infection of the tissues and bone that support the teeth. This can result into tooth loose and teeth decay. Besides, poor oral hygiene can lead to bad breath, which can be embarrassing and affect social interactions. Bad breath is often caused by bacteria that accumulate in the mouth, especially on the tongue and in the spaces between the teeth. These bacteria produce sulfur compounds, which have a strong, unpleasant smell. It is majorly contributed by poor dental hygiene among other factors.

Dental problems can be painful and may require costly treatments, such as fillings, crowns, or even tooth extractions (Matsuda et al.). By maintaining good oral hygiene, you can help to prevent these problems and save money on dental treatments.

Good oral hygiene is also important for overall health. Gum disease is an infection of the tissues and bone that support the teeth. It can range from mild, reversible gum inflammation (gingivitis) to more severe, irreversible gum and bone destruction (periodontitis).

Gum disease is caused by bacteria that accumulate in the mouth, especially in the spaces between the teeth and along the gumline. These bacteria produce toxins that can damage the gums and supporting tissues, leading to inflammation and infection. If left untreated, gum disease can lead to tooth loss and other serious health problems. Studies have shown that gum disease may be linked to an increased risk of heart disease, stroke, and diabetes. The exact mechanisms behind these associations are not fully understood, but it is thought that the inflammation caused by gum disease may contribute to the development of these conditions.

Good oral hygiene can improve your appearance. Clean teeth and gums can give you a brighter, more attractive smile. Maintaining good oral hygiene can help to prevent tooth loss. Gum disease and tooth decay can lead to the loss of teeth, which can affect your ability to eat, speak, and chew properly.

Good oral hygiene can help to improve your self-confidence. If you are self-conscious about the appearance of your teeth or have bad breath, it can affect your confidence and social interactions. By maintaining good oral hygiene, you can feel more confident about your smile and overall appearance.

Oral hygiene is important for children and teenagers as well. Establishing good oral hygiene habits at a young age can help to prevent dental problems and set the stage for a lifetime of good oral health.

Overall, maintaining good oral hygiene is an important part of taking care of your overall health and well-being. By brushing and flossing regularly and visiting the dentist for checkups and cleanings, you can help to prevent dental problems and maintain a healthy mouth, teeth, and gums (McCarthy et al.).

Right way to clean the mouth

Brush your teeth twice a day with a fluoride toothpaste



Use a toothbrush with soft bristles and brush in a circular motion, paying extra attention to the fronts, backs, and tops of your teeth. Brushing your teeth twice a day with a fluoride toothpaste is an important part of maintaining good oral hygiene. Using a toothbrush with soft bristles and brushing in a circular motion helps to remove plaque and food particles from the surfaces of your teeth, which can prevent tooth decay and gum disease.

It is also important to brush all surfaces of the teeth, including the fronts, backs, and tops, to ensure that they are thoroughly cleaned. In addition to brushing twice a day, it is also important to floss daily to remove plaque and food particles that your toothbrush can't reach. Flossing helps to clean between the teeth and along the gumline, which can prevent gum disease and tooth decay.

Using mouthwash after brushing and flossing can help to kill bacteria and freshen your breath. By following these simple steps and visiting the dentist regularly for checkups and cleanings, you can help to maintain good oral hygiene and prevent dental problems.

Use a toothbrush with the appropriate size and shape for your mouth. If the toothbrush is too large or has bristles that are too hard, it can be difficult to use and may damage your gums. Replace your toothbrush every three to four months, or sooner if the bristles become frayed. A worn toothbrush may not be as effective at removing plaque and food particles from your teeth.

If you have trouble brushing or flossing due to mobility issues, you may want to consider using an electric toothbrush or other dental aids, such as a toothbrush with a built-in flosser or a water flosser. If you have braces, you may need to use a special toothbrush or floss threader to clean around the brackets and wires. Be sure to follow your orthodontist's instructions for maintaining good oral hygiene while you are wearing braces. If you have dentures, be sure to remove them at night and clean them thoroughly with a denture cleaner. Rinse your mouth with water after brushing your natural teeth to remove any remaining toothpaste and food particles.

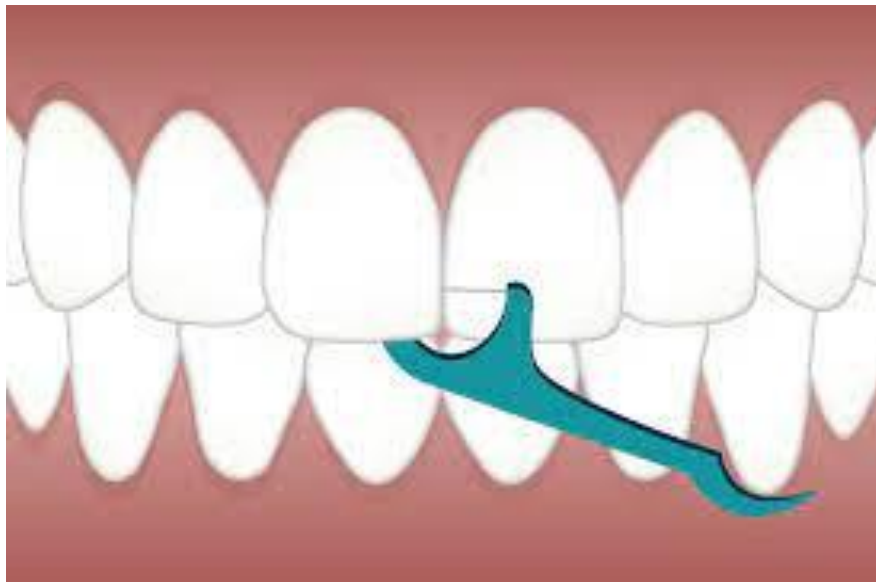
Spit out the toothpaste after brushing, but don't rinse your mouth with water



This allows the fluoride in the toothpaste to remain in contact with your teeth and help to prevent tooth decay. It is generally recommended to spit out the toothpaste after brushing, but not to rinse your mouth with water. This is because the fluoride in the toothpaste helps to prevent tooth decay by strengthening the teeth and making them more resistant to acid attacks. If you rinse your mouth with water after brushing, you may wash away some of the fluoride, which can reduce its effectiveness.

After spitting out the toothpaste, you can rinse your toothbrush and mouth with water to remove any remaining toothpaste and food particles.

Floss between your teeth to remove plaque and food particles that your toothbrush can't reach



Use a back-and-forth motion to gently slide the floss between your teeth and use a clean section of floss for each tooth. Flossing is an important part of maintaining good oral hygiene, as it helps to remove plaque and food particles that your toothbrush can't reach. Plaque is a sticky film of bacteria that forms on the teeth and gums, and if it is not removed regularly, it can lead to tooth decay and gum disease.

To floss properly, you will need to use a piece of dental floss that is about 18 inches long. Wind the floss around your middle fingers, leaving a few inches of floss between them. Hold the floss tightly between your thumbs and index fingers and gently slide it between your teeth, using a back-and-

forth motion. Use a clean section of floss for each tooth and be sure to floss along the gumline as well as between the teeth.

Flossing should be done at least once a day, ideally before bedtime. If you have difficulty flossing, you may want to try using a floss holder or a water flosser. You can also use interdental brushes. These are small, pointed brushes that can be used to clean between the teeth. They can be especially helpful for people with wider spaces between their teeth. These devices can make flossing easier and more effective.

By flossing regularly and brushing and rinsing with mouthwash, you can help to remove plaque and food particles from your mouth and maintain good oral hygiene.

Rinse your mouth with mouthwash to kill bacteria and freshen your breath



Swish the mouthwash around your mouth for 30 seconds, then spit it out. Rinsing your mouth with mouthwash can help to kill bacteria and freshen your breath (Baig et al.). Mouthwash is a liquid that is designed to be swished around the mouth and then spit out. It contains antimicrobial agents that help to kill bacteria and other microorganisms that can contribute to dental problems, such as tooth decay and gum disease.

To use mouthwash properly, follow these steps:

1. Shake the mouthwash bottle well before using it.
2. Pour a small amount of mouthwash into a cup or directly into your mouth.
3. Swish the mouthwash around your mouth for 30 seconds, making sure to coat all surfaces of your teeth and gums.
4. Spit out the mouthwash, and then rinse your mouth with water to remove any remaining residue.
5. Don't swallow the mouthwash, as it contains chemicals that are not meant to be ingested.

Mouthwash can be used once or twice a day, after brushing and flossing. It is a useful addition to your oral hygiene routine, as it can help to kill bacteria and freshen your breath. However, it is not a substitute for brushing and flossing, which are essential for removing plaque and food particles from the teeth and gums.

Spit out any remaining toothpaste and mouthwash, then rinse your toothbrush and mouth with water.



After brushing and using mouthwash, it is important to spit out any remaining toothpaste and mouthwash, and then rinse your toothbrush and mouth with water. This helps to remove any remaining residue from your mouth and toothbrush, which can reduce the risk of bacterial growth.

To rinse your toothbrush and mouth with water, follow these steps:

1. Spit out any remaining toothpaste and mouthwash.
2. Rinse your toothbrush with water, making sure to remove all toothpaste and food particles.
3. Rinse your mouth with water, making sure to remove any remaining toothpaste and mouthwash.
4. Spit out the water and rinse your mouth with a few more mouthfuls of water to remove any remaining residue.

By following these steps and rinsing your toothbrush and mouth with water after brushing and using mouthwash, you can help to maintain good oral hygiene and prevent dental problems. Remember to brush and floss at least twice a day and visit the dentist regularly for checkups and cleanings.

Conclusion

Overall, maintaining good dental hygiene is an important part of taking care of your overall health and well-being. By brushing and flossing regularly and visiting the dentist for checkups and cleanings, you can help to prevent dental problems and maintain a healthy mouth, teeth, and gums.

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