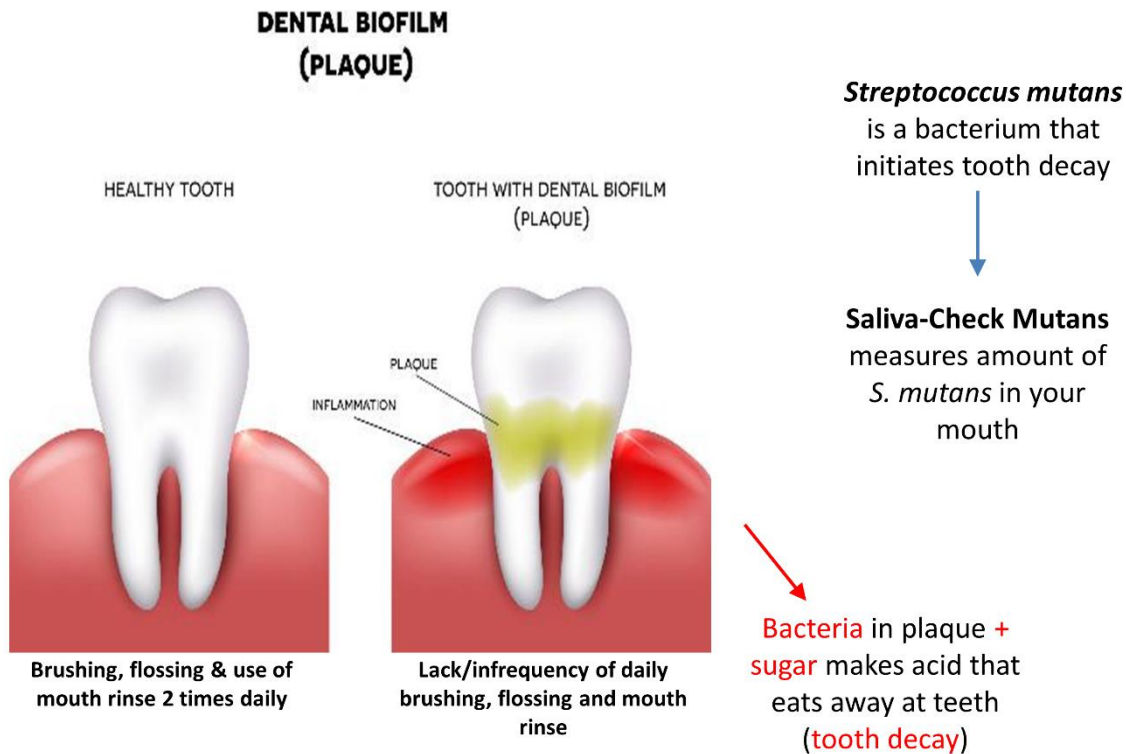


Healthy teeth versus teeth with plaque



Explanation on oral hygiene & best practices

Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems by **regular brushing and cleaning between the teeth**.

It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease. **Oral hygiene helps remove cavity-causing bacteria from your mouth.**

The most common types of dental disease are tooth decay and gum diseases, including gingivitis, and periodontitis.

Regular brushing consists of **brushing twice a day** after breakfast and before going to bed. **Brushing removes plaque (cavity-causing bacteria) from surface of teeth.**

Cleaning between the teeth is called interdental cleaning and is as important as tooth brushing. This is because a toothbrush cannot reach between the teeth and therefore, only cleans 50% of the surfaces. There are many tools to clean between the teeth, including **floss and interdental brushes**. It is up to each individual to choose which tool he or she prefers to use.

Antibacterial mouth rinses can also be used to keep breath fresh and **kill the bacteria** in the mouth that causes oral diseases.





BEFORE & AFTER disclosing solution/colored dye applied

- Plaque (bacterial biofilm) is not always easy to detect as it usually blends in with the tooth
- By looking under a microscope or by using colored disclosing solution/dyes, plaque is quite noticeable!
- Plaque (bacterial biofilm) returns rapidly (within 8-12 hours), so **frequent removal by brushing, flossing and mouth rinse is key!**

How can cavity causing bacteria be transferred from a mother to her child?



How can mom reduce transmission of bacteria to child?

Remove bacteria in mouth = Better oral health of the mother = better oral health of the child

1. _____
2. _____
3. _____
4. _____
5. _____

