

Short Commentary on: Good Oral Hygiene and Healthy Smiles

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Commentary

Dental and oral well-being is a basic part of your overall health and prosperity. Poor oral cleanliness can prompt dental cavities, gum problems, and is also connected with coronary illness, malignant growth, and diabetes.

Keeping up solid teeth and gums is a deep rooted duty. As earlier you practice to learn legitimate oral cleanliness propensities like brushing, flossing, and restricting your sugar consumption- the simpler it'll be to maintain a strategic distance from exorbitant dental methodology and long haul medical problems.

Your oral cavity gathers a wide range of microorganisms including bacteria, viruses, and fungi. Some of the microorganism maintains the flora of your mouth and are commonly innocuous in little amounts but a high sugar diet, makes conditions favourable for acid-producing bacteria, which in return cause gums inflammation and dental cavities, commonly known as gingivitis.

Microscopic organisms close your gum line flourish in a sticky matrix called plaque. Plaque amasses, solidifies, and moves down the entire length of your tooth and if not cleaned routinely by brushing and flossing. This can aggravate your gums and cause the condition known as gingivitis. Increased inflammation causes your gums to begin to pull away from your teeth. This procedure creates pockets between gums and teeth in which discharge (Pus) may collect in the long run. This further develops the advanced phase of gum illness which is called as periodontitis [1].

The most ideal approach to prevent tooth decay and remove plaque is by brushing and cleaning between your teeth consistently. Brushing expels plaque from the tooth surfaces. Brush your teeth two times a day with a delicate bristled brush. The size and state of your toothbrush should

accommodate your mouth and can reach all the areas without any problem. It is recommended to use an antimicrobial toothpaste containing fluoride, which shields your teeth from decay. Clean between the teeth once per day with floss or inter-dental cleaners to remove plaque from between the teeth, where the toothbrush can't reach. Flossing is fundamental to forestall gum disease [1].

Oral cleanliness and its hygiene should be regularly practised for keeping one's mouth perfectly clean and liberated from any type of diseases or issues which can be definitely be achieved by brushing and cleaning in-between the teeth regularly. It is significant that oral cleanliness should be done all the time to enable avoidance of dental problems and awful breath [2].

Good oral health practices and regular visits to dental health professionals will help you enjoy the benefits of a bright smile and a pain-free mouth, with the onset of early healthy oral practice and a continuation of it throughout adulthood, the chances are acceptable that you will have a sound mouth, lovely breath, solid teeth and a brilliant smile. Regardless of whether you have let dental issues create after some time, it is never past the point where it is possible to see a dental well-being proficient for remedial systems. On account of present day practice, a significant part of the pain and fear has gone from current dental Practice.

References

1. <https://dentistry.uic.edu/patients/oral-hygiene>
2. Paul B, Basu M, Dutta S, Chattopadhyay S, Sinha D, et al. Awareness and practices of oral hygiene and its relation to sociodemographic factors among patients attending the general outpatient department in a tertiary care hospital of Kolkata, India. *J Family Med Prim Care*. 2014; **3**: 107-111.