

## Dental Hygiene and Oral Health Practice

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### ABSTRACT

Dental hygiene is the practice of keeping the mouth and teeth clean in order to avoid dental issues such as gingivitis, cavities, bad breath, and periodontal (gum) disorders. The removal of dental plaque and tartar from teeth to prevent cavities, gum disease, gingivitis, and tooth decay is referred to as teeth cleaning. Heart attack, uncontrolled diabetes, and premature delivery are all linked to poor oral hygiene, particularly gum disease. Vincent infection is a horrible mouth disease marked by grey mucous membrane ulcers, gum bleeding, foul breath, and other symptoms.

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### INTRODUCTION

The treatment of disorders involving the hard and soft tissues of the face, mouth, and jaws is known as oral and maxillofacial surgery. Maxillofacial surgeons lay the groundwork for cosmetic and restorative dental procedures such as dental implants, therapy for obstructive sleep apnea, facial pain, and infection, biopsies, lesions excision, and the identification and treatment of some oral cancers. Treatment of facial injuries, head and neck cancers, salivary gland disorders, facial disproportion, facial pain, impacted teeth, cysts and tumors of the jaws, as well as a variety of oral mucosa problems such as mouth ulcers and infections.

Periodontics and Preventive Dentistry is concerned with the prevention, diagnosis, and treatment of illnesses of the gums and periodontal tissues, which result in attachment loss and alveolar bone degradation. Tartar (calculus) and plaque clearance beneath the gums, as well as medication and surgery, are all part of periodontal care. To eliminate plaque and tartar deposits, periodontics is initially treated with a particular cleaning termed "Periodontal cleaning" as well as various drugs. If the problem persists, the dentist may resort to surgery, which allows dentists to reach places behind the gums and roots where tartar and plaque have accumulated. This lowers the pockets and damage caused by the disease as it progresses. Orthodontics and Dent Facial Orthopedics are dental specialties that focus on the alignment of teeth and dental arches (maxilla and mandible). This is for teeth that are crowded or too widely apart, teeth that meet irregularly or not at all, teeth that protrude out, and jaws that are misaligned. Orthodontics and dent facial orthopedics,

sometimes known as orthodontia, is a branch of dentistry that focuses on detecting, preventing, and correcting misaligned teeth and jaws. Because the jaw bones are still growing in younger individuals, it is easier to manage bone growth and tooth mobility. However, for the elderly, this procedure necessitates surgery.

Pediatric dentistry is a field of dentistry that focuses on children aged birth through adolescence. Following the child's first tooth, it is suggested that he or she visit the dentist every six months. Pediatric dentists focus on prevention, treatment, and parent education, as well as the best techniques to treat children. This issue discusses children's oral hygiene, eating habits, and what parents can do to protect their children's teeth and gums. Parents should try to keep their children away from sugar-rich foods and should not allow their children to go to bed after drinking juice or milk.

Geriatric dentistry is concerned with the dental care of the elderly, including the diagnosis, prevention, management, and treatment of issues linked with age-related disorders. The gastrointestinal, renal, cardiovascular, pulmonary, and immunological systems all lose efficiency over time, and this has an impact on the entire body, including dental health. Tooth loss, dental caries, periodontitis, dry mouth, and oral cancer are all frequent oral alterations among the elderly. When a patient's disease does not respond to treatment, palliative care is used. Maintaining proper oral hygiene will be difficult for sick and critical-care patients, so the dentist's main goal in the palliative care team should be to focus on oral comfort, which includes maintaining proper oral hygiene, eradicating painful conditions such as microsites, infectious diseases, and ulcerative conditions of oral cavity.

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## **Hoffman**

Oral cancer or mouth cancer is the lining of the lips, mouth, or upper throat. Oral Cancer can occur anywhere in the mouth. Oral Oncology means treating of Oral tumors. Removal of tumor through surgery involves taking out the tumor and a margin of healthy tissues around it. Treatment is based on the type of tumor. If it is small tumor it requires minor surgery whereas the large tumor requires the jaw or the tongue to be removed along with tumors. Surgical complications include eating problems, speaking problems, and food going in wrong way leading to the lung diseases. This session discusses about different stages and tests involved in diagnosing cancer and preventive measures for it. Treatment depends on the type and location of the tumor.