

Dental Hygiene to Stop Periodontal Disease

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Abstract

Caries as a public health issue first emerged with the introduction of wheat and sugar mills and the widespread availability of fermentable carbohydrates, but some forms of periodontal disease may be as ancient as mankind itself. As a result, for the past 500 years, periodontal disease and dental caries have been the most prevalent disorders affecting people's mouths. Combined, these two conditions have caused incalculable misery, tooth loss, and excessive tooth loss and damage. The 20th century witnessed great advancements in the elimination of pain and tooth loss thanks to improved social conditions in the majority of industrialised countries, increasing accessibility and affordability of contemporary oral health care, and the promotion of conservative treatment methods. Furthermore, during the past 50 years, improvements in technology and the sciences of oral health have not only improved our understanding of the nature of these disorders and their causes but have also developed and tested fresh methods for preventing them [1].

It is commonly known that dental plaque on teeth causes gingivitis and periodontitis, and that gingivitis can be avoided using a variety of mechanical and chemical plaque control techniques. The current review's objective is to summarise and synthesise the scientific data that supports the use of mechanical oral hygiene techniques to avoid periodontal diseases. Studies of patients with gingivitis provide support for the use of modern mechanical oral hygiene to avoid periodontal disease. There are still no clear-cut general recommendations for the best oral hygiene tools and techniques. Nonetheless, brushing your teeth and cleaning between your teeth continue to be the cornerstones of periodontal disease prevention. The fundamental strategy necessitates individualised teaching for the execution of a systematic oral hygiene routine.

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