



Oral hygiene Handbook

A basic guide to your oral hygiene practices

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Brushing Technique



Healthy Teeth Diet



FAQ



Cheer

This short e book is about basic oral hygiene practices for a healthy, hygienic and beautiful smile. We all know that it is those small practices which make a huge difference in our life. So adopting these practices can certainly help you with lesser visits to dental clinics. The aim of the book is to increase awareness about basic oral hygiene so that dental treatments become long lasting and dental problems be addressed in the initial phases only so that complicated procedures can be avoided.

How is Good Oral Hygiene Practiced?

- Brushing thoroughly twice a day and flossing daily
- Eating a balanced diet and limiting snacks between meals
- Rinsing with a warm saline mouth rinse or medicated mouthrinse if your dentist tells you to do it.
- Making sure that your children under 12 drink fluoridated water or take a fluoride supplement if they live in a non-fluoridated area.

The 3 biggest mistakes of oral hygiene

Brushing after dinner and just after waking up does not make scientific sense. If you brushed last night and did not eat anything then why did you brush in morning. After breakfast and after dinner is the theme to follow.

- 1. Not brushing properly**
- 2. Brushing twice but at wrong times**
- 3. Keeping your toothbrush in open in combined washroom**

Tell Me how to maintain with Snacking



Oh Come on Doctor!!
We cannot stop snacking..
After all we have to live

After Snacking, Get Scrubbing

- Brushing twice a day, usually after breakfast and dinner.
- But if you have a late-night snack, you should also have a late-night brush.
- Cookies and ice cream fill your mouth with sugar and bacteria, and sleeping for 7 to 8 hours after your snack without brushing allows bacteria to fester and spread.

TONGUE TASTERS BUT TEETH SPOILERS



**Won't cause
cavities**

Low carb Foods



- Leafy Vegetables
- Crunchy Vegetable
- Cheese
- All Nuts
- All Meats
- Water



**Ususally
Won't cause
cavities**



- Whole milk
- Fresh Fruits
- Whole grain Bread
- Popcorn
- Smoothies
- Yogurt
- Ice Cream
- Dark Chocolate

Don't be too happy
but it rinses
way better
than other deserts

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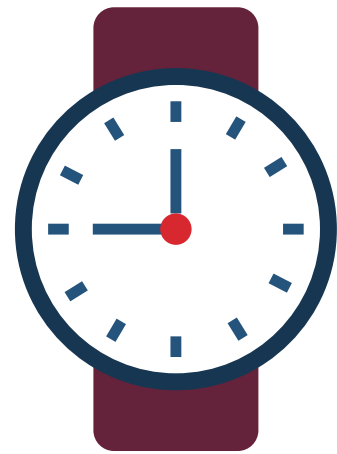


**Would cause
cavities easily**



- Candies
- Soda
- Juice
- Chocolate Milk
- Cookies
- Dried Fruits
- Sports Drinks

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For how much time should I Brush?

Proper brushing takes at least two minutes — that's right, **120 seconds!**

Most adults do not come close to brushing that long. To get a feel for the time involved, try using a stopwatch. To properly brush your teeth, use short, gentle strokes, paying extra attention to the gumline, hard-to-reach back teeth and areas around fillings, crowns or other restoration.

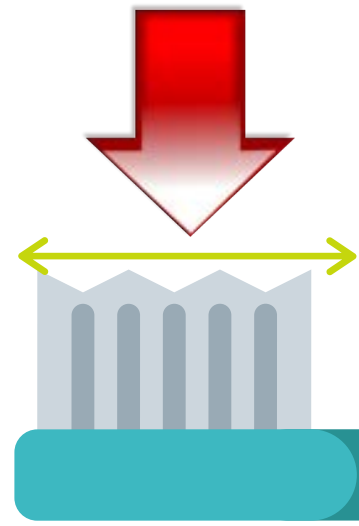
Don't rush!! While you brush

Two minutes and 120 seconds might sound the time you brush but most people do not brush more than 60 seconds. So mind the time- its 120 complete seconds.

What Type of Toothbrush Should I Use?

It is not the gun but the man behind the gun which fights the war. Same is true for brushing. Choosing brush is good but ultimately its your hand who has to drive it. 😊

Soft Bristles & Small Head



Most dental professionals agree that a soft-bristled brush is best for removing plaque and debris from your teeth. Small-headed brushes are also preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth. For many, a powered toothbrush is a good alternative. It can do a better job of cleaning teeth, particularly for those who have difficulty brushing or who have limited manual dexterity.

How Often Should I Replace My Toothbrush?

Please do not use your brush to eternity. They are not immortals. They have a life span. 😊

You should replace your toothbrush when it begins to show wear, or every three months, whichever comes first. It is also very important to change toothbrushes after you've had a cold, since the bristles can collect germs that can lead to reinfection.

How Important is the Toothpaste I Use?

Again the thought of karma. You have to brush with your hand and reach those areas. Paste and brush are just the mediums. 😊

It is important that you use a toothpaste that's right for you. Today there is a wide variety of toothpaste designed for many conditions, including cavities, gingivitis, tartar, stained teeth and sensitivity. Ask us for the paste that will suit your mouth. If you do not have any such issues, any paste will work with a rotation policy as in changing the paste after every 6 months.

How much paste should I use on my brush?

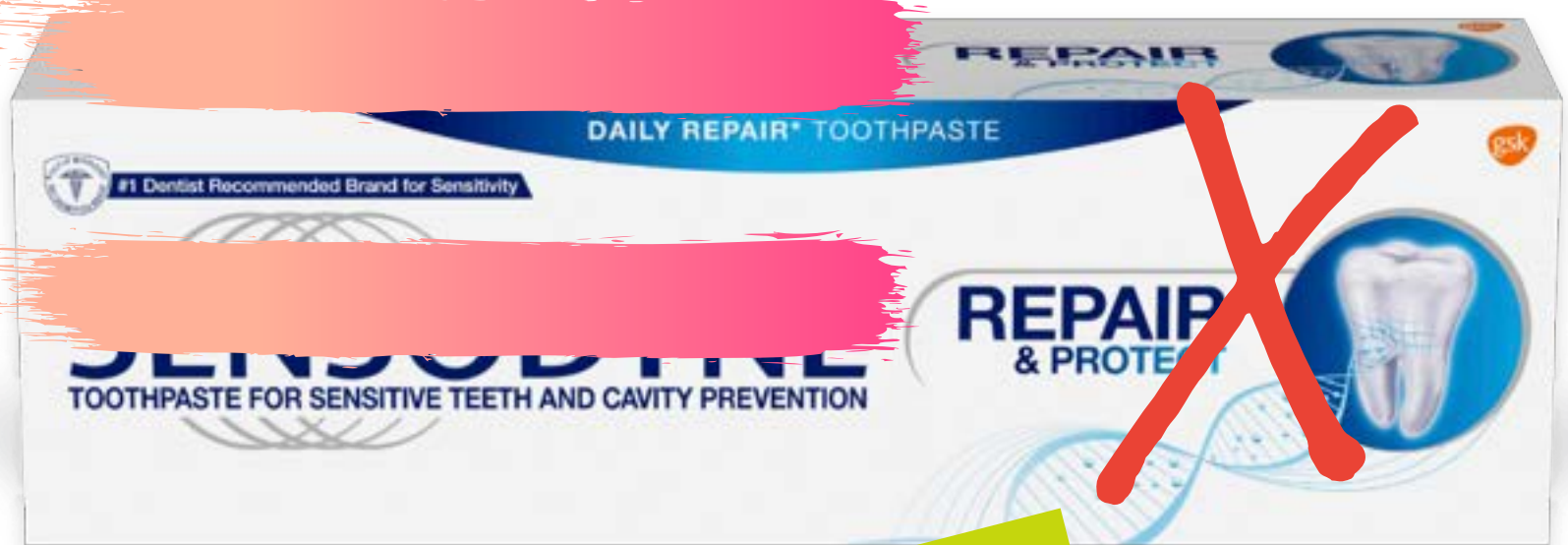


Budget Thought

Only pea sized toothpaste is good enough. Do Not Scrape your whole bristles.

3 times
savings on
toothpaste

Should I use anti sensitive pastes regularly?



Anti sensitive pastes act like pain killers. They suppress your symptoms of teeth. So decide on your own whether you want to hide the symptoms or treat the problem. 😊

Anti sensitivity pastes do not do much good to your teeth as a routine toothpaste. It is to be used only when you are not able to visit dentist and suffer from sensitivity of teeth. Else it will just block the symptoms of your dental problems which is not good for the long term.

How do I floss my teeth?

Flossing is like interrupting the mischievous conspiracy of bacteria being hatched between your teeth. Your flossing thread just interrupts the growth of bacteria between your teeth 😊



READY TO USE FLOSS MAKES LIFE EASIER

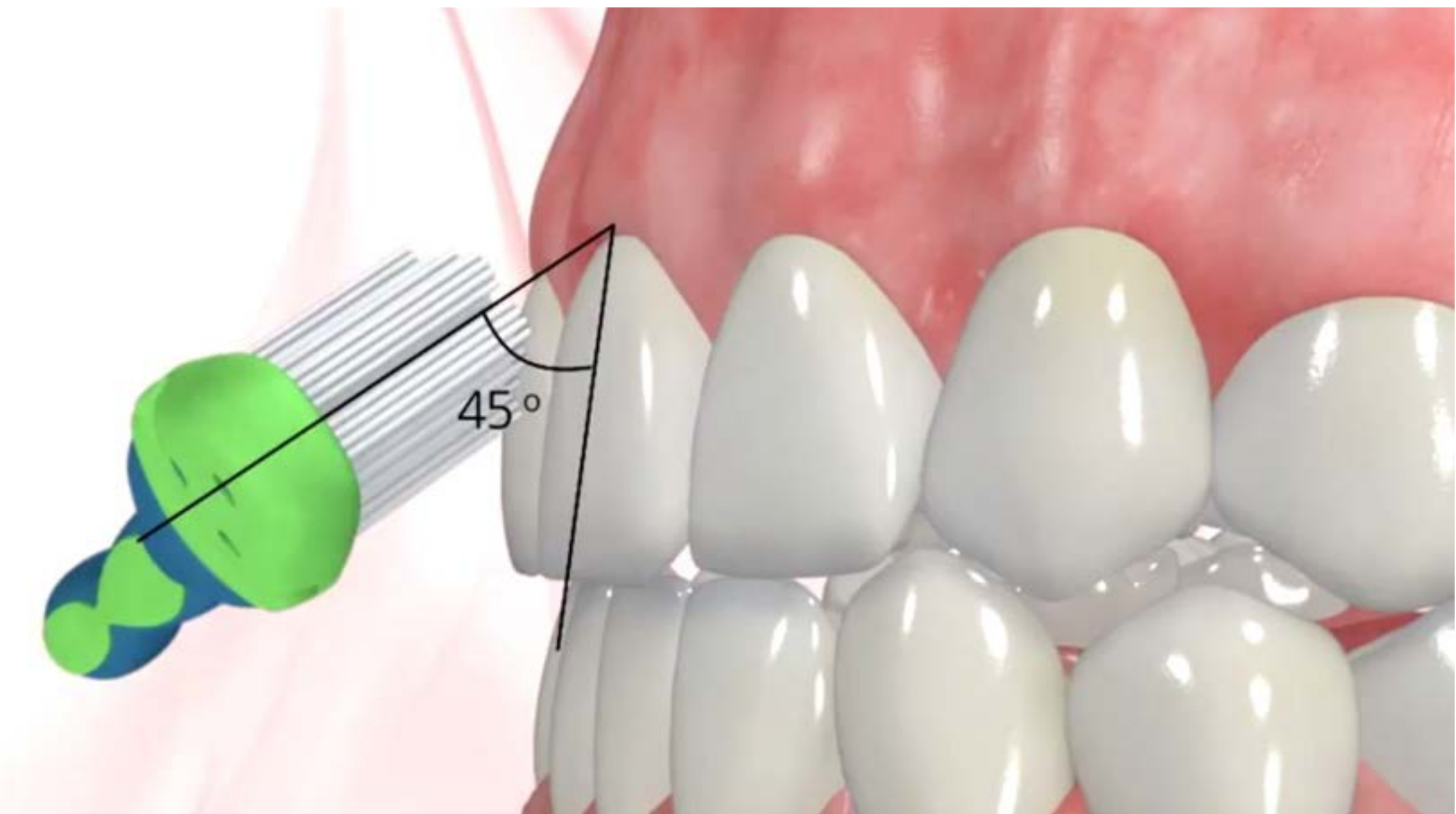
Flossing helps remove food particles and plaque. Without flossing, plaque build-up can lead to gingivitis or gum disease. That's why it's so essential to add flossing to your daily oral care routine. Traditional flossing or manual flossing involves moving sections of waxed or non-waxed string between your teeth and under your gumline to remove bacteria and food debris.

What is a water flosser?

A water flosser is a hand-held device that squirts fresh water between your teeth, removing food debris and plaque. Often the flosser tool connects to a water tank you refill when needed.

What's the right way to brush?

Know your brush angulation



Clean the outer surfaces of your upper teeth with a 45 degree angle between gums and bristles, then your lower teeth in the same manner.

What's the right direction to brush?

Know direction of your strokes



No horizontal brushing.

Only Vertical or Circular Strokes

Back teeth

Don't forget the inner surfaces



Brush the inner surface of upper &
Lower Back teeth

Front Teeth

Don't forget the inner surfaces



Brush the inner surface of upper &
Lower front teeth



Be ve

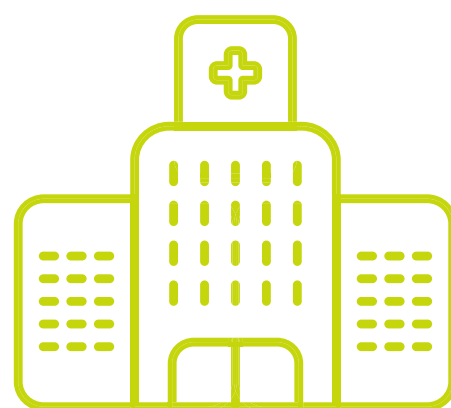
Negativity outside



Positivity Inside

While brushing your teeth keep this in mind as a thought.

Hush away the negativity of your mind along with the germs of your mouth. A healthy mouth with a healthy mind topped with a healthy smile is the recipe for success. Good luck for your efforts. Feel free to connect for any issues.



Some Useful resources

Click on the links below to know more



[Book Your appointment](#)



[See your best possible smile by clicking a smile selfie](#)



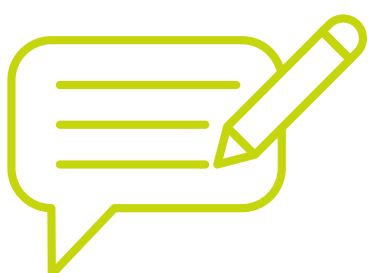
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