

PATIENT EDUCATION AND INSTRUCTIONS

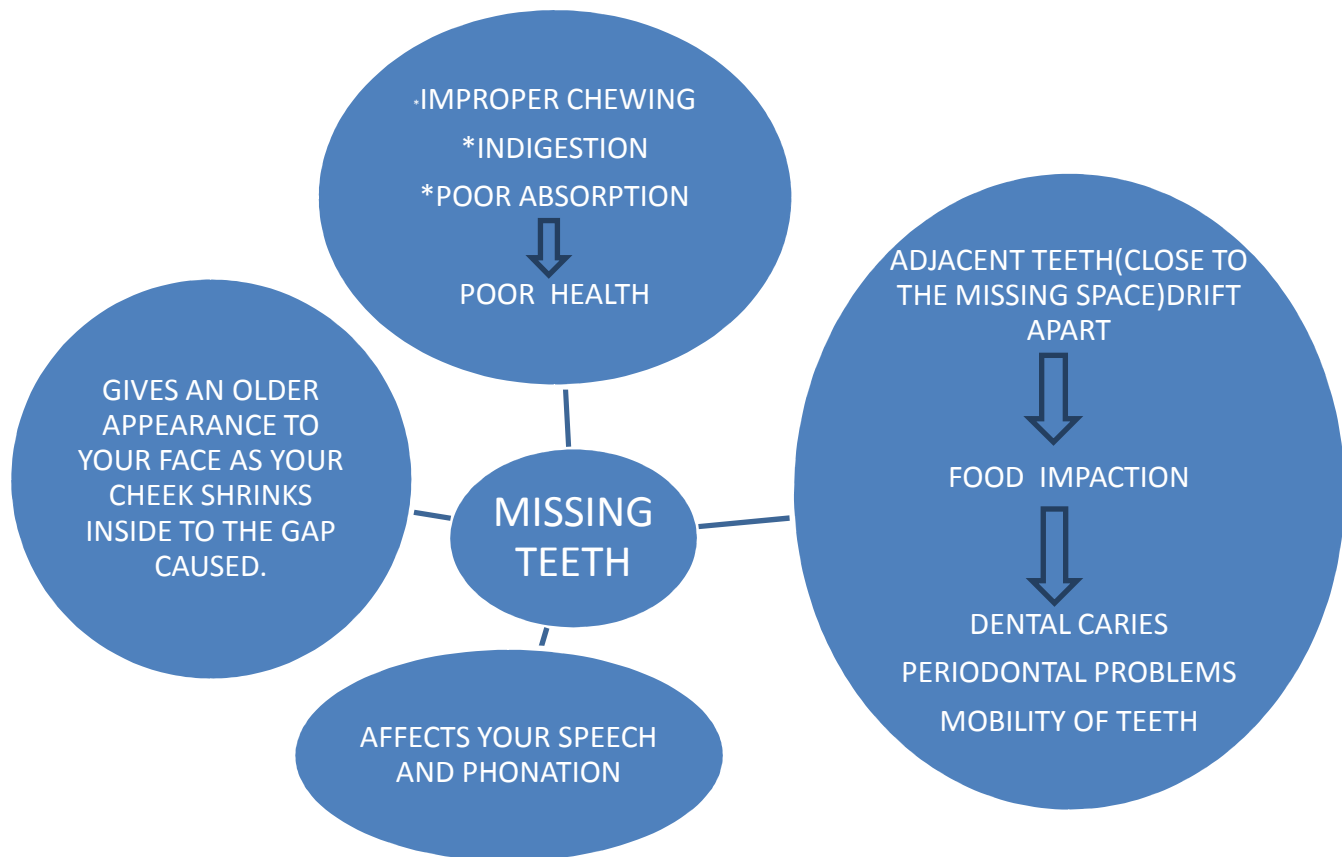
*Diabetes and dental health:

Diabetes as you know is a systemic disease which has got a definite influence on your oral health. Uncontrolled diabetes can lower your ability to fight germs that cause periodontal (gum) diseases which in turn can cause loosening and loss of teeth.

Do you know what periodontal disease is and why it has to be diagnosed and treated?

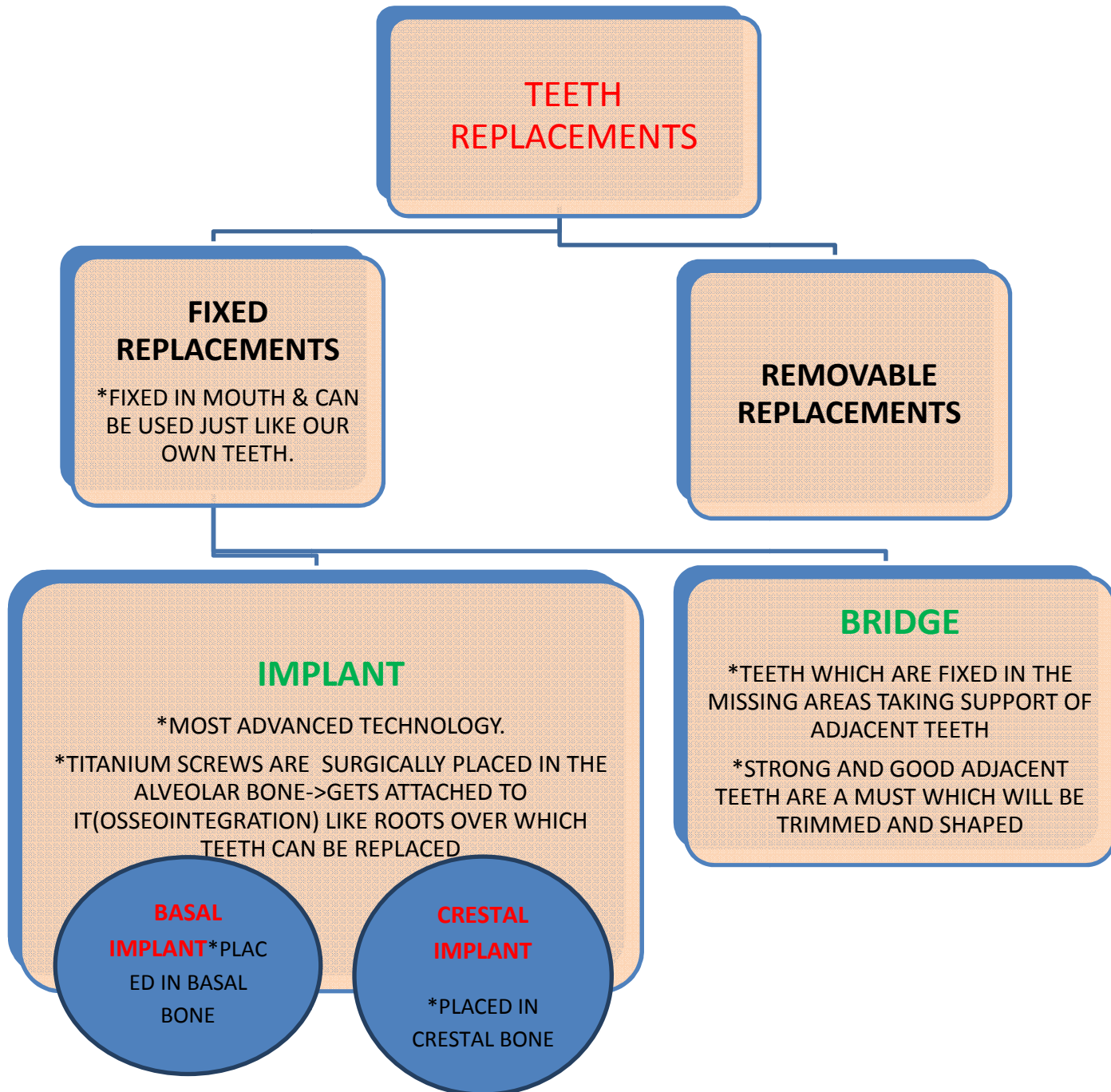
Periodontal disease is a serious gum infection which can lead to loose teeth and later loss.

WHY SHOULD MISSING TEETH BE REPLACED?



So missing teeth should be replaced by fixed or removable dentures at the earliest(within 1 month)

*WHAT ARE THE DIFFERENT WAYS OF TEETH REPLACEMENT?

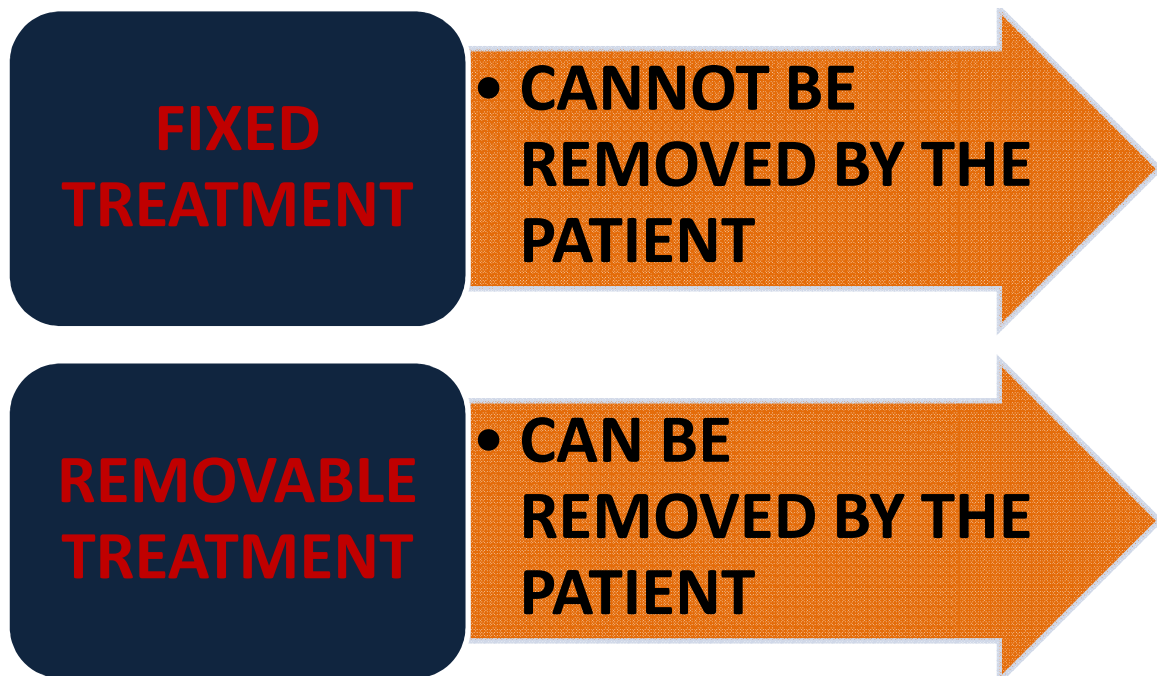


ORTHODONTIC TREATMENT

Orthodontics is the branch of dentistry that specialises in the diagnosis ,prevention & treatment of dental & facial irregularities.

In simple terms **“correction of malaligned teeth”**

There are **two** types of treatments:



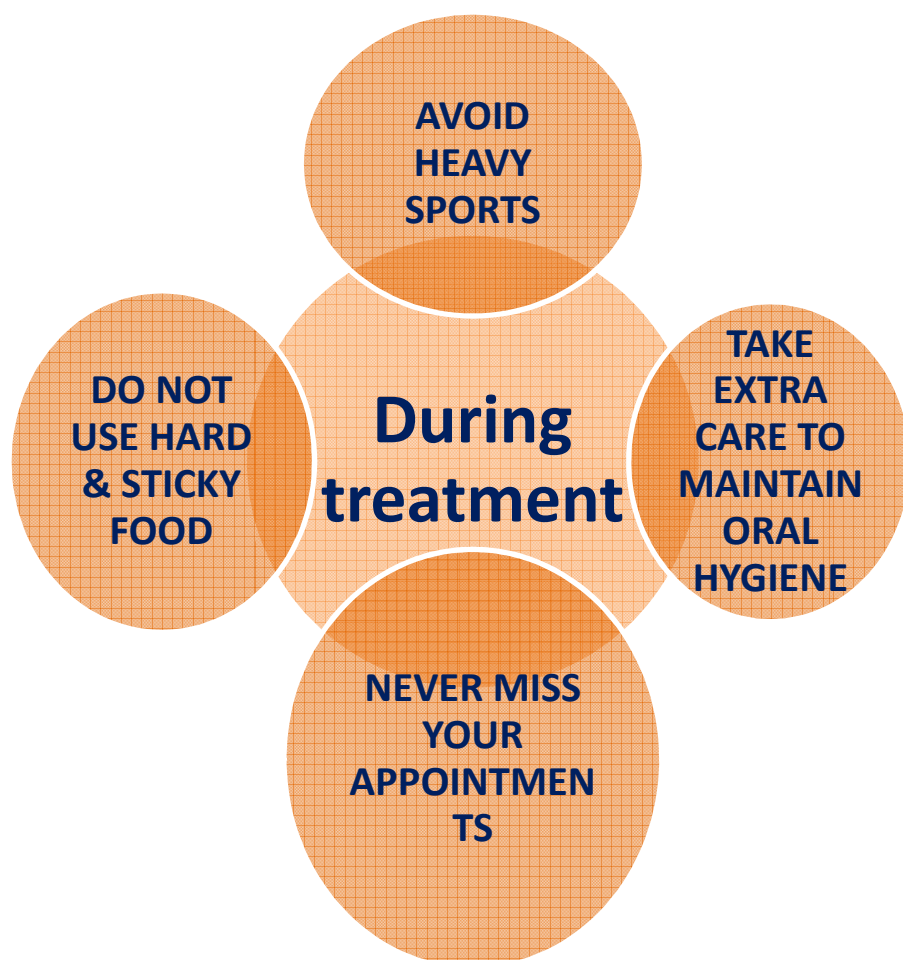
The time to start orthodontic correction is by the age of **7(interventional orthodontics)**.

*Usually fixed orthodontics is done after all milk teeth(deciduous teeth)fall& get replaced by permanent teeth in the mouth.

Duration of treatment depends on severity of the case, usually lasts from **10-18 months**.

Extraction of teeth is indicated in orthodontic cases having severe crowding of teeth.

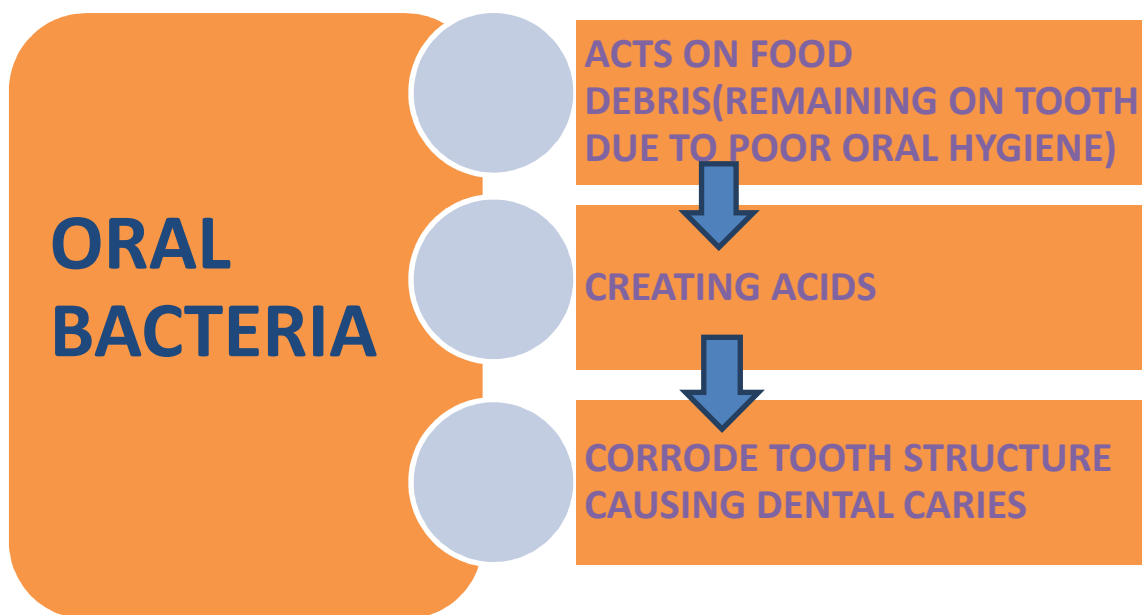
*The treatment is not very painful but expect minimal levels of pain & discomfort.



DENTAL CARIES

Most common dental problem

***How does it occur?**



WHAT WILL HAPPEN IF LEFT UNTREATED?

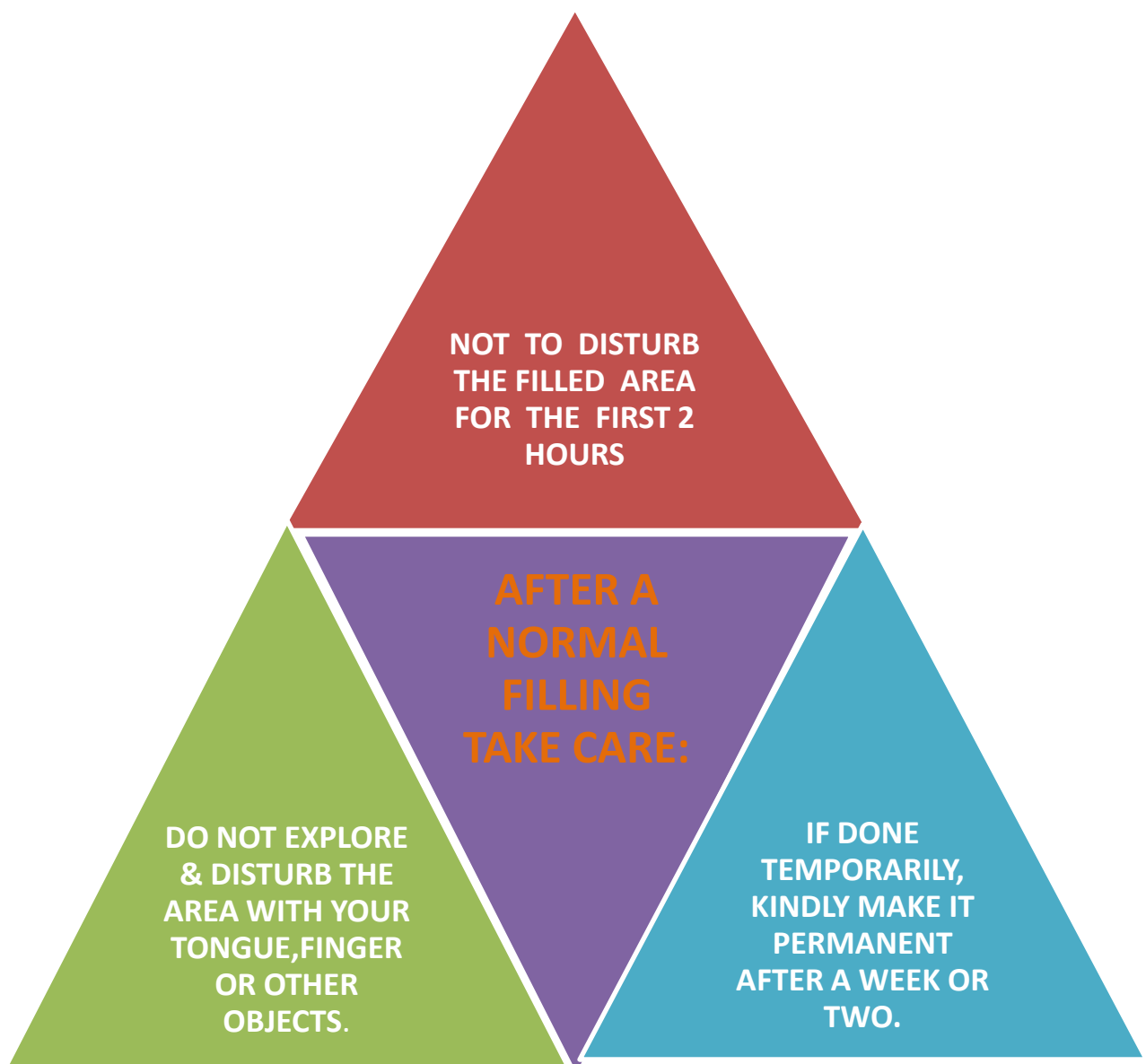
*If detected & treated early through restorations the tooth usually remains asymptomatic & useful for a long time.

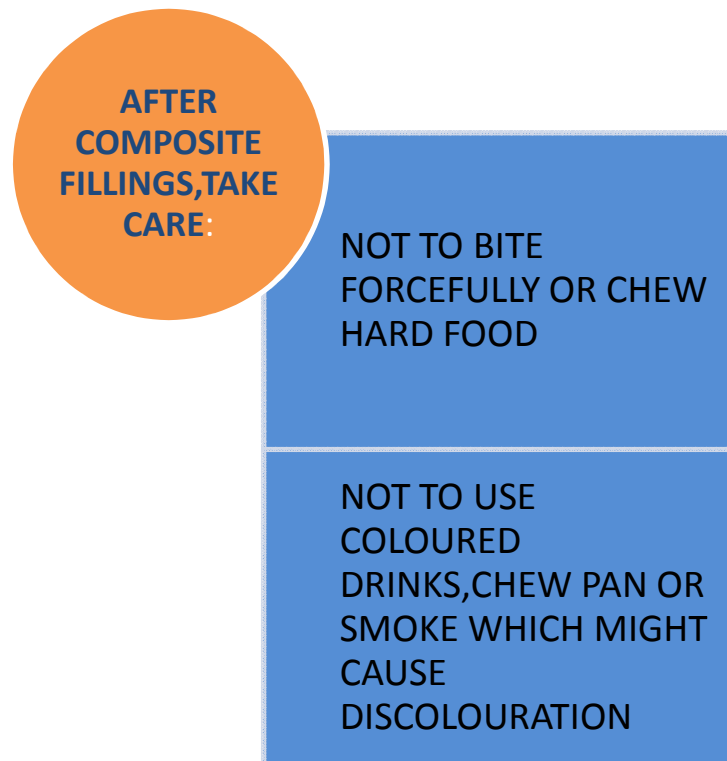
*If left untreated ,the caries will penetrate both enamel & dentin finally reaching the pulp,causing severe pain& infection.

*At this stage, the tooth is no longer treatable with normal restorations, rather **ROOT CANAL TREATMENT (RCT)** remains the only solution for retaining the tooth or will have to be extracted.

TEETH FILLINGS (RESTORATIONS)

An early filling saves your teeth





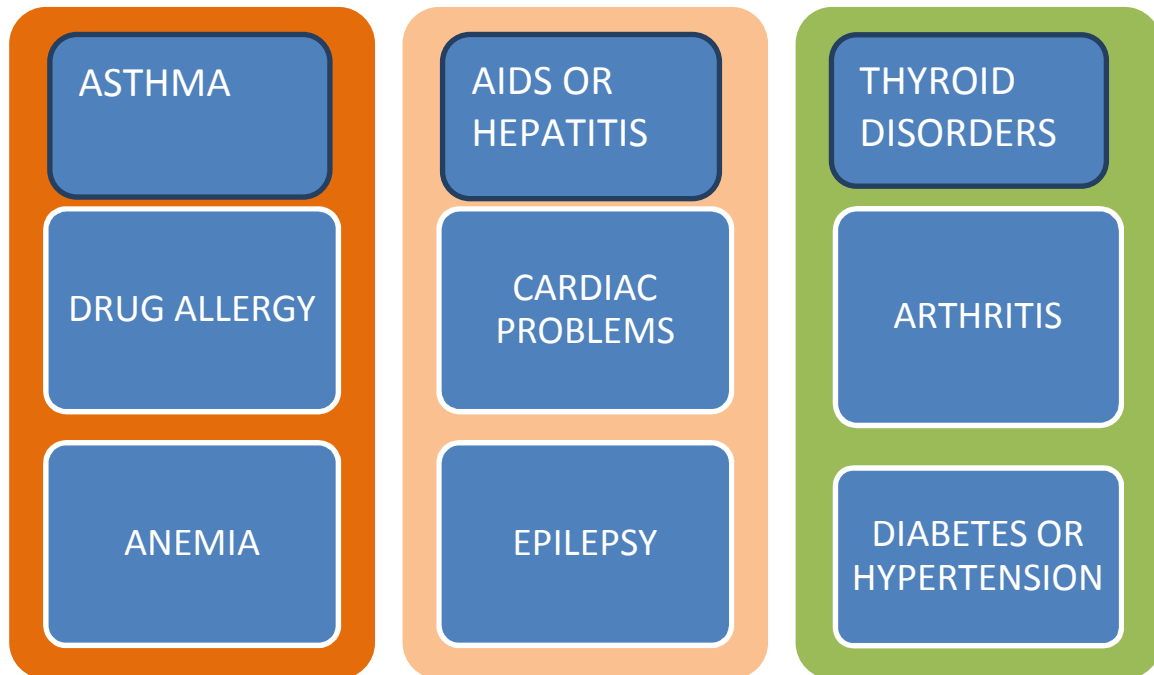
ROOT CANAL TREATMENT(RCT)

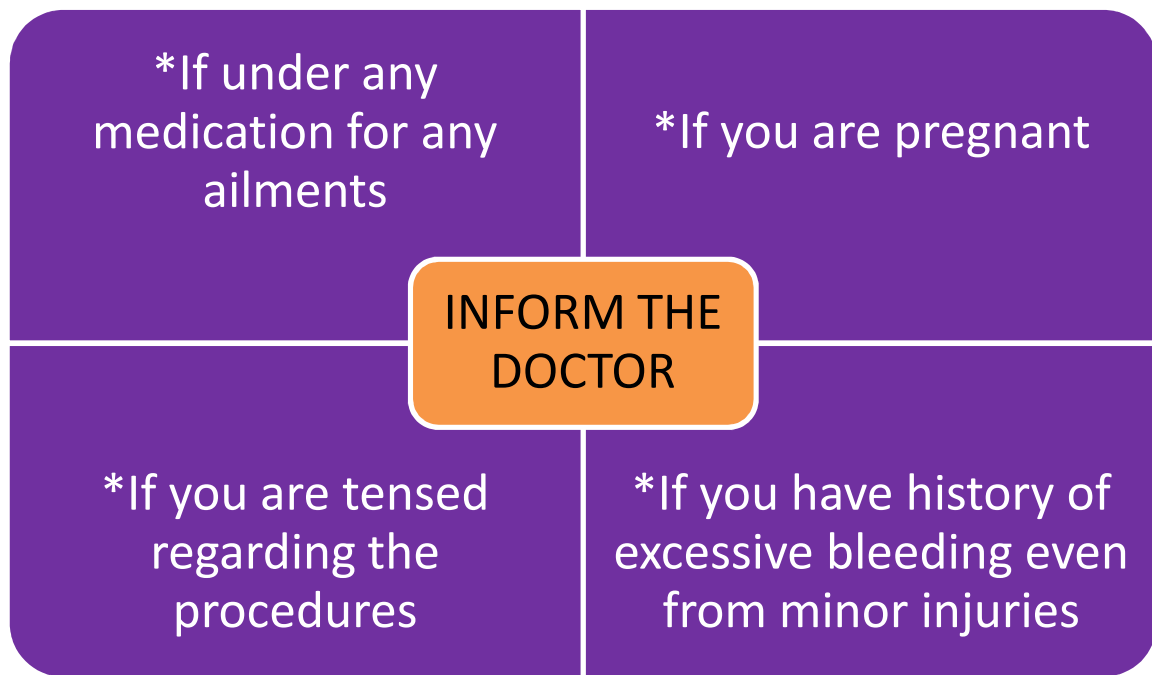
*The procedure by which the infected pulp is removed and the area it occupied is filled with medicaments and inert substances.

*By doing so, the tooth loses its vitality (life), hence will turn brittle (loss strength) and needs capping to prevent fracture.

THINGS TO KNOW BEFORE TOOTH REMOVAL

Always inform the doctor, before extraction any problems that you have like





Always remember to take proper food prior to treatment.



Remember to take all pre extraction drugs before procedure

CARE AFTER TOOTH REMOVAL

*Bite firmly on the cotton placed at the extraction site for atleast 30- 45mins

*Place ice pack on the cheek to reduce bleeding and control swelling

*Avoid hard work and sports for at least 24hrs

*Avoid hot, sticky and hard food-always take soft and cold food

*Avoid using straw

*Avoid smoking and alcohol

*After 24hrs,gargle mildly with lukewarm salt water for 3 days

*Medicines should be taken properly

*Sutures should be removed after a week

RELATION OF UNTREATED DENTAL PROBLEMS WITH HEART AND OTHER BODY SYSTEMS

Bacteria from oral infections(especially gum diseases) could get transported to different parts of the body & cause:

BACTERIAL
ENDOCARDITIS OF
HEART

MENINGITIS & HIGH
INTRACRANIAL
PRESSURE TO BRAIN

INFECTIONS OF
INTESTINE LEADING
TO CANCER

UPPER URINARY
TRACT INFECTIONS

STONE FORMATION
IN THE KIDNEY

PREVENTION OF DENTAL PROBLEMS IN PREGNANCY

- *Do regular dental cleaning & frequent checkups.
- *Brush twice a day & do flossing.
- *Avoid tetracyclin as it can cause discolouration of your child's teeth.
- *Be careful about all drugs.
- *Excessive bacteria from oral infections can enter blood stream & may cause "premature delivery"
- *Pregnancy gingivitis is a common condition wherein the gums become swollen & red with bleeding while brushing.



“ORAL INFECTIONS CAN AFFECT THE FOETUS”

GOLDEN RULES FOR A GOOD ORAL HEALTH

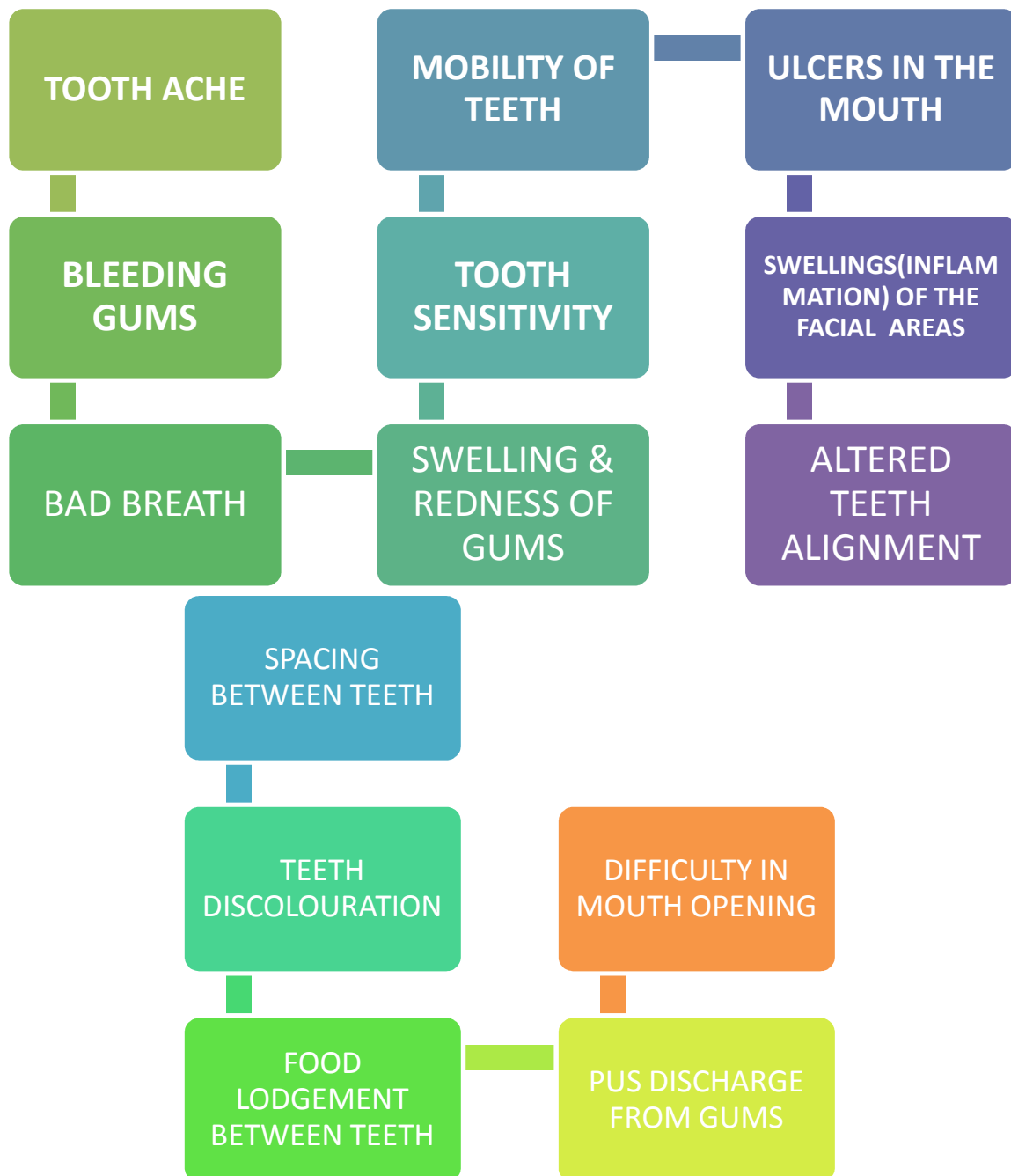
- ✓ Brush twice daily
- ✓ Brush at night before bed time
- ✓ Do not use damaged brushes, rather change your brush every 2 months
- ✓ Clean your teeth professionally (scaling), once in 6 months

Avoid sticky & intermediate food

Have your dental checkups done every 6 months

Flossing keeps your teeth & gums healthy

WHEN TO VISIT YOUR DENTIST?



PIT & FISSURE SEALANTS

The surfaces of a child's teeth is more susceptible to decay due to its sharp contours, deep pits & fissures where food gets lodged → leading to DENTAL CARIES

*So you can ensure a better oral hygiene & health of your child by sealing these pits & fissures with a tooth like (tooth coloured) filling material called "SEALANTS"

*This can also be done in adults with similar tooth surfaces.

TEETH WHITENING(BLEACHING)



DENTAL LASERS

There are a wide range of applications for lasers in dentistry.

