



DENTAL CLEANING TOOLS



ابتسامتي صحية
My Healthy Smile

الحملة الوطنية لصحة الفم والأسنان ٢٠٢٠

National Oral and Dental Health Campaign 2020

DENTAL FLOSS:

WAXED DENTAL FLOSS

Scented dental floss covered with a wax layer, often used for tightly spaced teeth.

UN WAXED DENTAL FLOSS

Unscented dental floss that is NOT covered with wax.

SUPER FLOSS

consists of a stiff end, followed by a sponge part and then the thread, for cleaning your gums when you have braces, implants, or bridges.

Studies have shown that there is no difference between the use of waxed or non-wax tooth floss when used to clean between teeth, but it is advised beginners use waxed dental floss, so to avoid gum scratches.



DENTAL FLOSS HOLDER:

A carrier upon which dental floss can be attached in order to make it easier to clean the back teeth in the mouth.

THE IMPORTANCE OF DENTAL FLOSSING:

- cleans between the teeth, areas the toothbrush cannot reach.
- cleaning of the open area between the tooth and the gums.
- reducing the likelihood of tooth decay in the contact areas between the teeth.



PROXA BRUSH

(A BRUSH BETWEEN TEETH):

Small brushes that come in different sizes for cleaning between teeth uses:

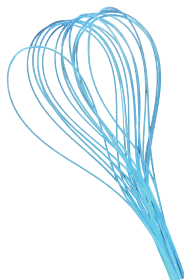
1. Those with braces who have gum disease to clean the gums between the base of the teeth.
2. To clean the periodontal (gum) pockets.
3. To clean away the food that can build up under and around crowns, bridges and implants.



PLASTIC NEEDLE

(FLOSS THREADER):

Connects to dental floss and assists with the insertion of dental floss under orthodontic wire, for patients with braces.



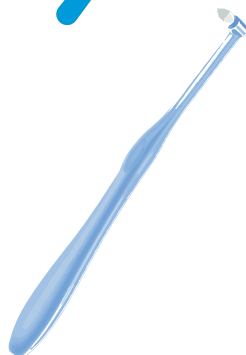
TONGUE SCRAPER:

A plastic or metal tool used to clean the tongue from food residue. It is used by scraping the surface of the tongue from the back to the front, cleaning all surfaces of the tongue.



SINGLE TUFT TOOTHBRUSH:

This type of brush is used to clean between overlapping teeth, especially teeth that are difficult to reach with an ordinary brush.



THE IMPORTANCE OF THE WIDE USE OF DENTAL CLEANING TOOLS:

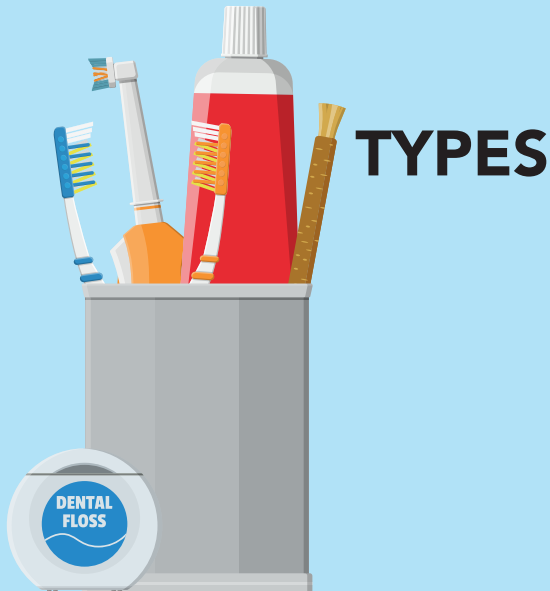
The use of dental cleaning tools is needed to keep all your teeth surfaces clean and it's important you use the right tool.

Toothbrushes clean the outside and inside surfaces of the teeth in the mouth but cannot clean between the teeth.

The use of dental floss after toothbrushing is advised.

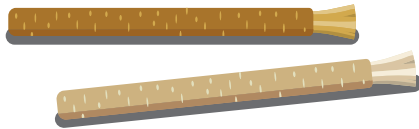
Those who wear braces or those who have crowns, bridges or implants, should adopt the use of other tools along with the use of a toothbrush to maintain optimum oral hygiene and healthy gums.

DENTAL CLEANING TOOLS



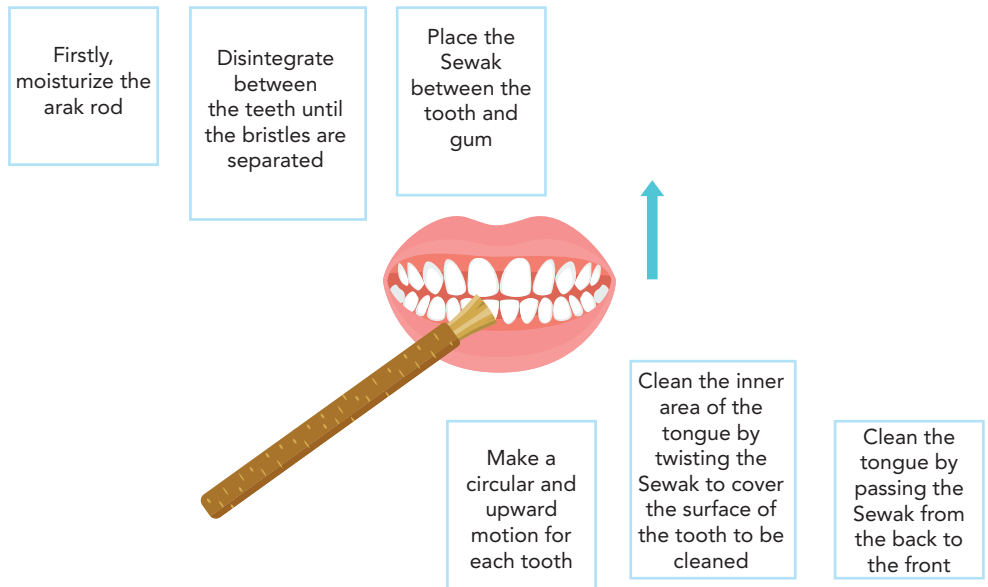
AL SEWAK

Is the Arak oyster extracted from an evergreen tree. Al Sewak contains a small proportion of fluoride, it has preservative particles that reduce gingivitis and can promote tooth whitening.



HOW TO USE AL SEWAK:

After cleaning the Arak rod and moisturizing it with mouth, remove the outer layer with knife.



ELECTRIC TOOTHBRUSH:



Electric and manual toothbrushes are equal in the efficiency of cleaning the teeth

The electric toothbrush needs more time than the manual brush to clean, as it cleans the teeth one by one, unlike the manual brush that cleans two to three teeth at a time

Each electric toothbrush has its own use in its attached catalog

MANUAL TOOTHBRUSH:

The following criteria should be fulfilled in the toothbrush:

- Bristles should be soft
- The handle should be long and easy to use
- The end of the bristles should be dense and in two to four rows, arranged in circles to reduce the possibility of scratching the teeth or causing trauma of the gums.
- There are three types of brush: soft or extra soft, medium, and hard. The average person usually uses the soft type but a smoker is advised to use the medium to hard type.

TIPS FOR TOOTHBRUSH USERS:



Change the brush every 3 months or when the bristles are distorted

Avoid a hard toothbrush as it causes scratches and trauma to the gums

Patients who complain of gingivitis can use a soft or extra soft toothbrush

Do not share toothbrushes

After brushing, rinse your toothbrush with tap water until it is completely clean, let it air-dry

Avoid covering toothbrushes or storing them, which can cause the growth of bacteria

Using extra soft toothbrush with gum diseases is preferable



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