NEPAL DENTOFACIAL CENTER

Basic School Oral Health Education

Education Booklet



NEPAL DENTOFACIAL CENTER

Chatakpur, Dhangadhi

091-410148

Facebook Page- Nepal Dentofacial Center

Message from the Board Members

Nepal is a beautiful country with a lot of opportunities and possibilities. It also has a number of limitations and challenges including geographical considerations and literacy rate.

General health and oral health is a subject of neglect and still many awareness programs are being conducted in different parts of the country with different approach.

Nepal dentofacial center was established in 2018 with a view to start from dental awareness and simple dental education program to providing the best of the advanced dental and facial treatment in one stop. We also have a plan of starting this center into the dental hospital where we can provide the comprehensive preventive to curative treatment of the people.

Now our target is as per its location about 3 million population around dhangadhi, including province and related territory and is the referal center for this area.

Expanding dental awareness horizon is important and first step to good oral health and overall general health also. We have tried to present this book let for the pupose of increasing awareness among students, teachers, parents and health workers and all others who can achieve knowledge and advantage from this book let.

Hope for the success of the dental awareness, booklet and plan for the future projects also

NDC Executive Committee



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1—Introduction to oral health

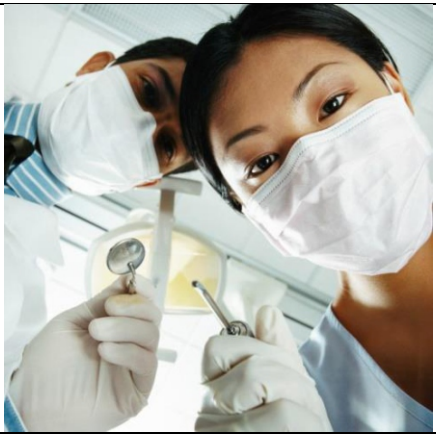
1.1-Introduction to general dentistry

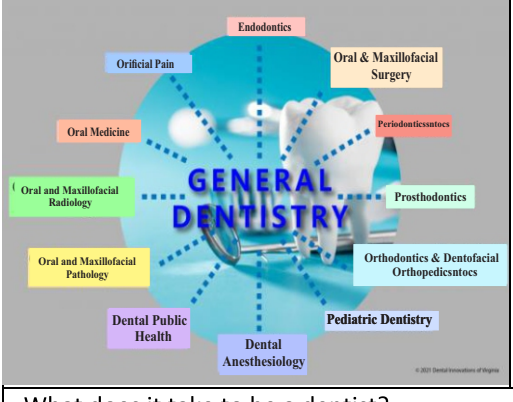
Dentistry is a branch of medicine that deals with the diseases and disorders of dental and oral cavity and the structure related to them.

Various hierchy of dental professional are present

- Dental consultant
- Dental surgeon
- Dental hygienist
- Dental assistant

Various branches are present which deal with various aspects of dentistry





Branches of dentistry

Although seems small, but has many branches

From preventive dentistry, a dental surgeon seeks his specialty in oral medicine to RCT specialization to Braces specialist to Maxillofacial Sugery to rehabilitative and restorative dentistry.

There are specialties as per the special population like pediatric dentistry and geriatric dentistry

What does it take to be a dentist?

A: We have to study for 5 and half year after class 12 to become a dentist or dental surgeon.

Further depending upon the specialties, more of 3 to 5 years are required for gaining the specialization in specific subspecialties

How is dental profession?

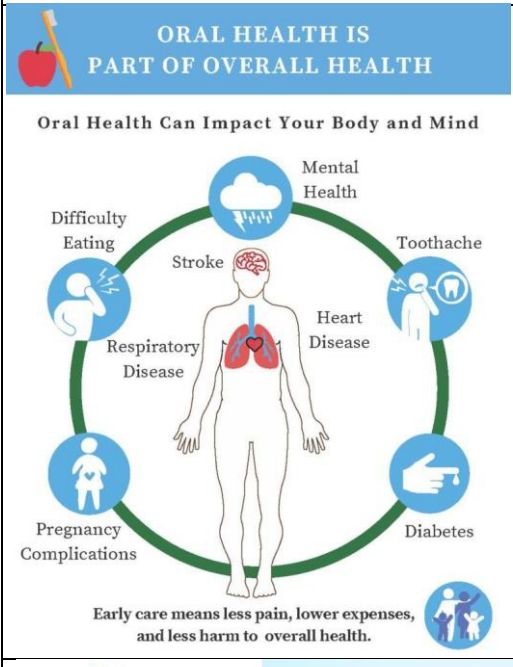
Dental profession is a combination of doctor, engineer and artist.

Each procedure consists of all components related to surgery, engineering and architecture and art of dentistry

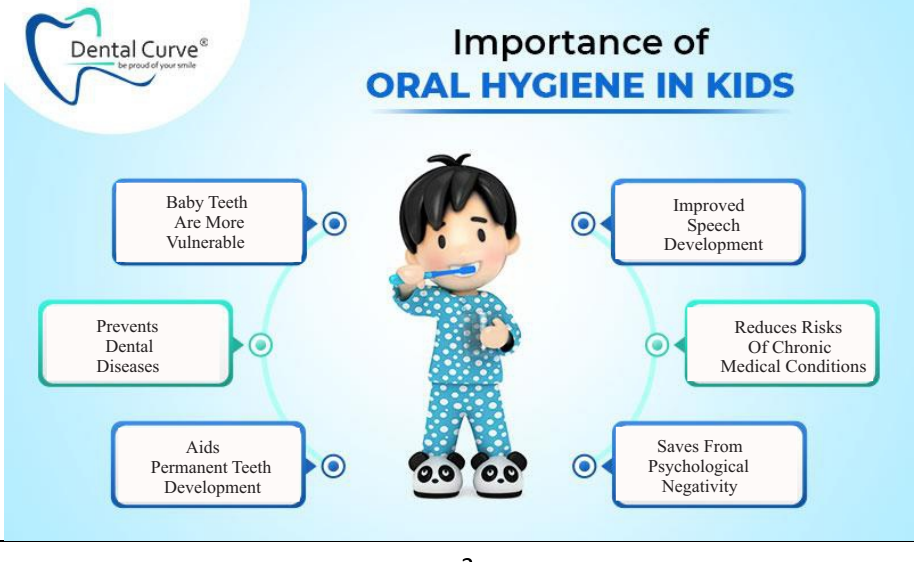
1.2-Impotance of good oral health

Prevention is better than cure

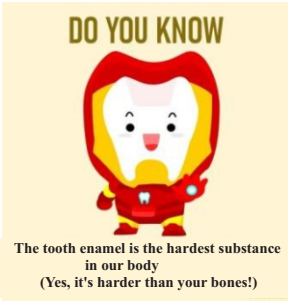
Good oral health can be achieved

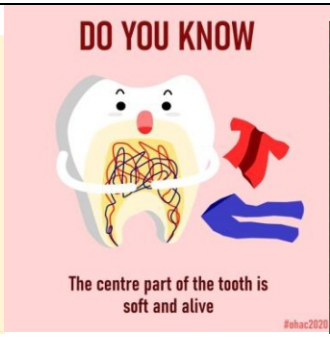




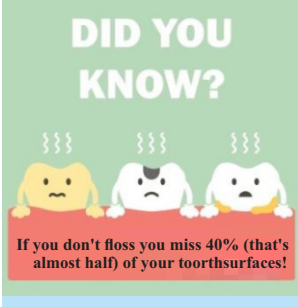


1.3-Dental facts

















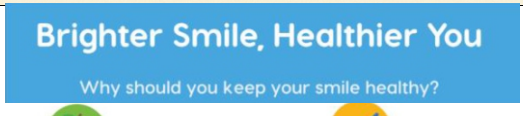
1.4-Importance of beautiful smile



99.9% of adultes say an attractive smile is an important personal asset

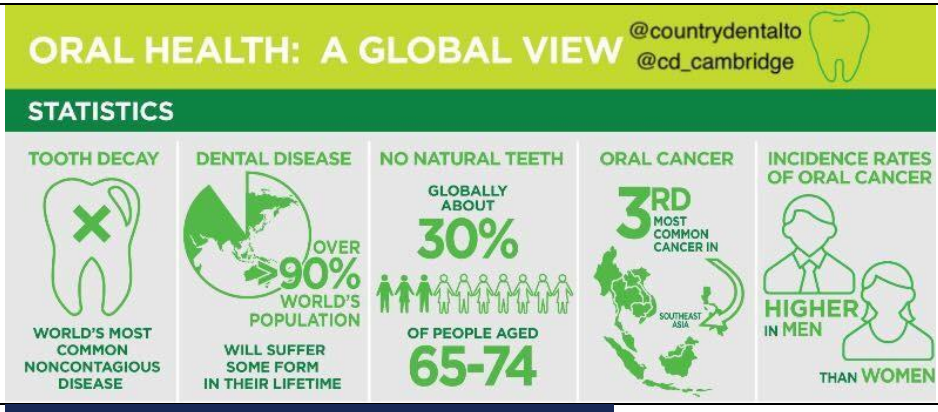


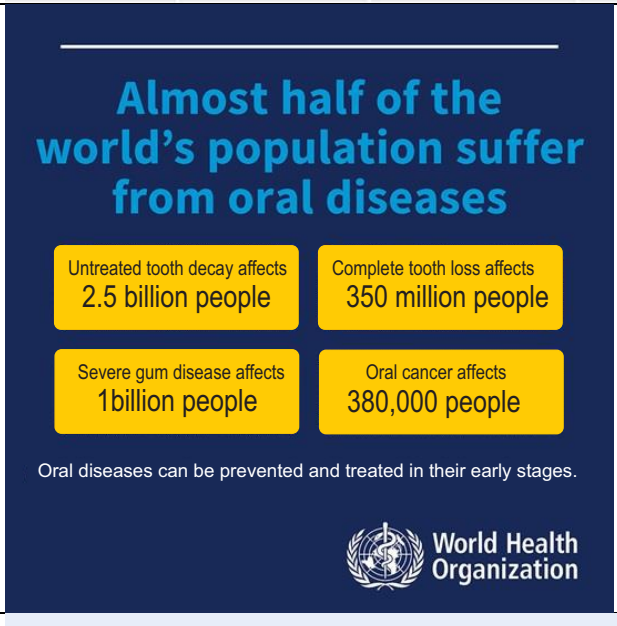






1.5-Epidemiology of dental diseases

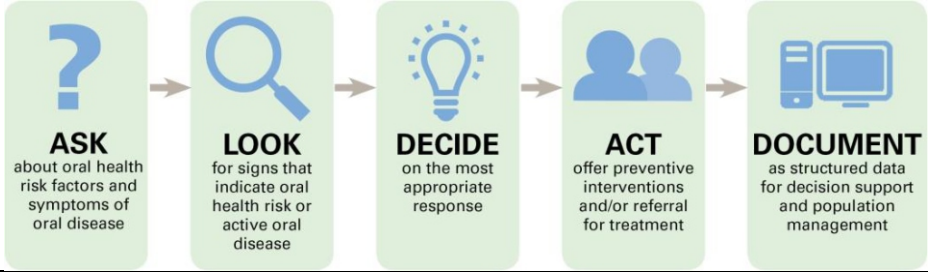


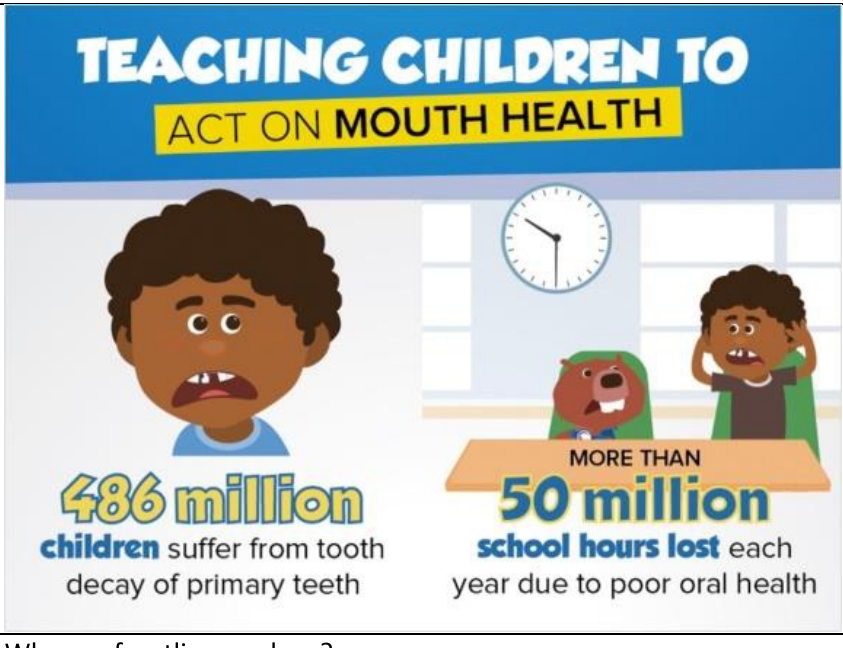




1.6-Your role as a frontline oral health care management

Oral team delivery framework





Who are frontline workers?

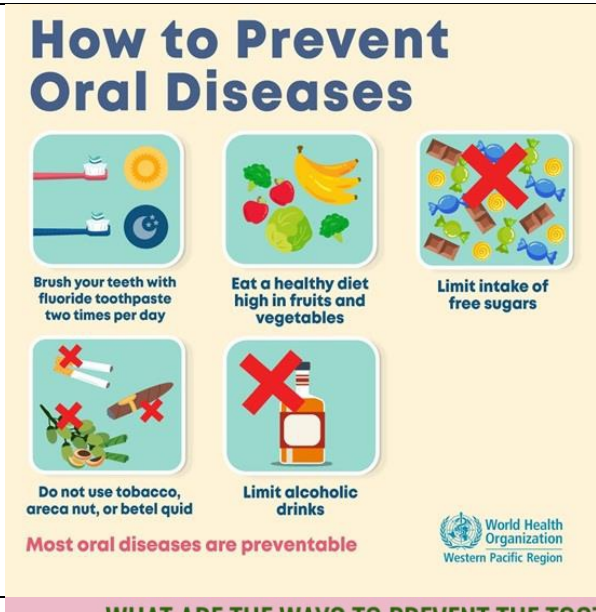
All the parents, teachers, health professional are frontal line worker

What can we do as a frontline oral health worker?

We can teach our child for managing their oral health, regualrly check their oral cavity and help them visit the dentist

2- Preventive dentistry

2.1-Prevention is better than cure



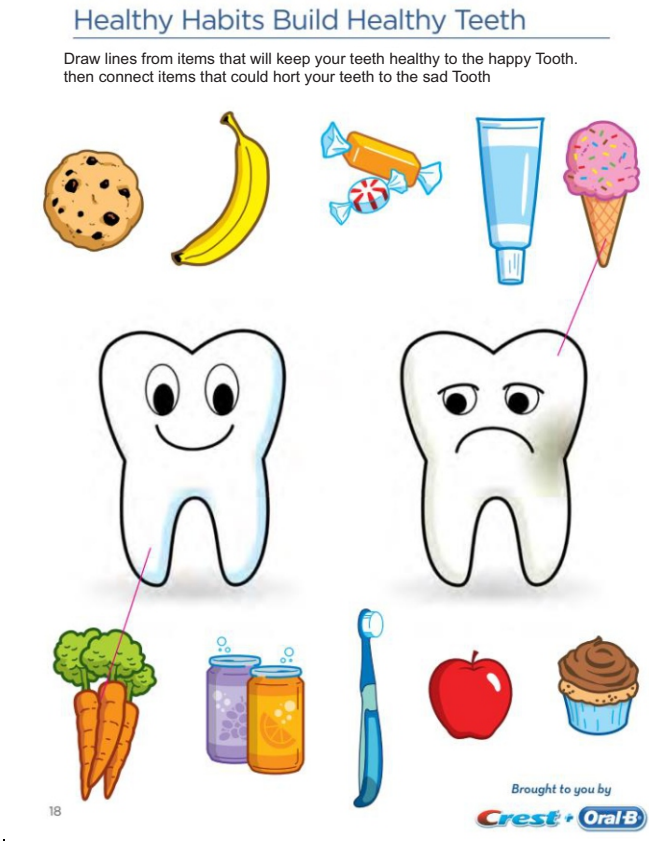
We should attain healthy teeth through simple techniques and without difficulty in our life style. Simple and good lifestyle and regular check up and proper techniques of oral hygiene manintenece and good and healthy food for teeth are enough for healthy teeth



2.2-Healthy mouth and habits

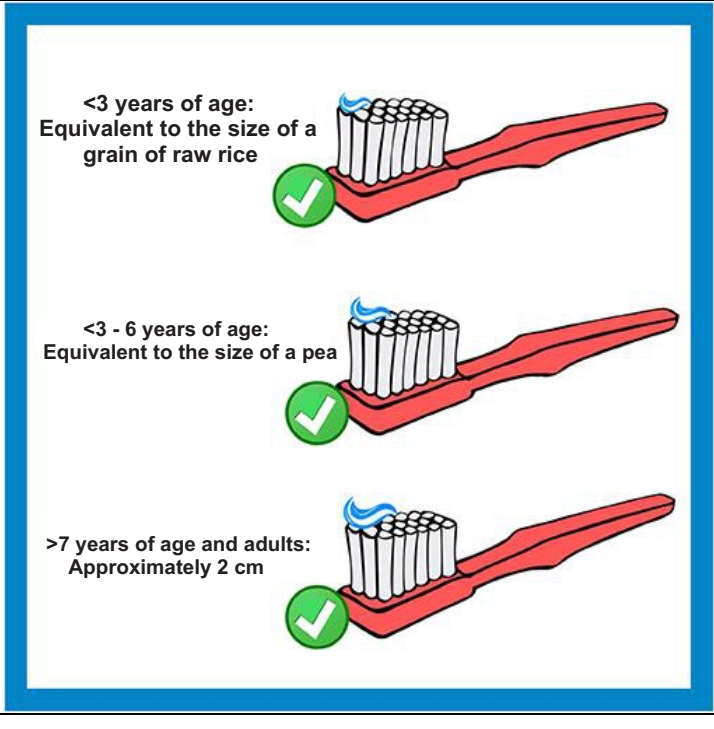
What are the steps for healthy mouth?





2.3-Oral hygiene techniques





2.4-Tooth brushing technique

2.5-Flossing, mouth rinsing and tongue cleaning

Along with tooth brushing, what are the other methods for oral hygeine mantenece?

- Proper flossing
- Mouth rinsing
- Tongue cleaning

Proper Flossing Technique



Use about 18th of floss, leaving an inch of two to work with.



Gently follow the curves of your teeth.



Be sure to clean beneath the gumline, but avoid snapping the floss on the gums.

Mouth Rinsing

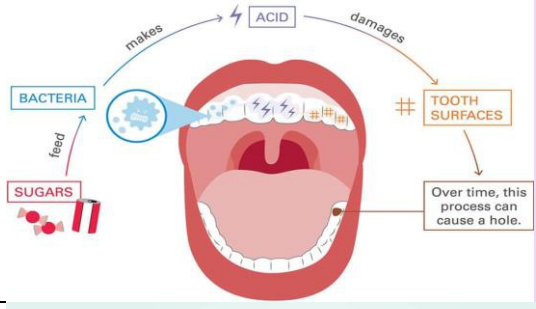
- Should be a advocated as a part of routine oral hygiene
- It must be advised that consumption of sweetened beverages/ snacks and meals has to end with a thorough mouth rinse with water
- Mouthwashes can be used after consultation with dentist.

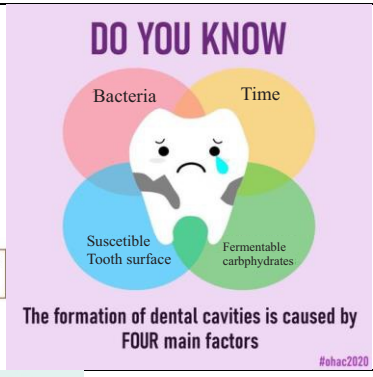


Tongue Cleaning

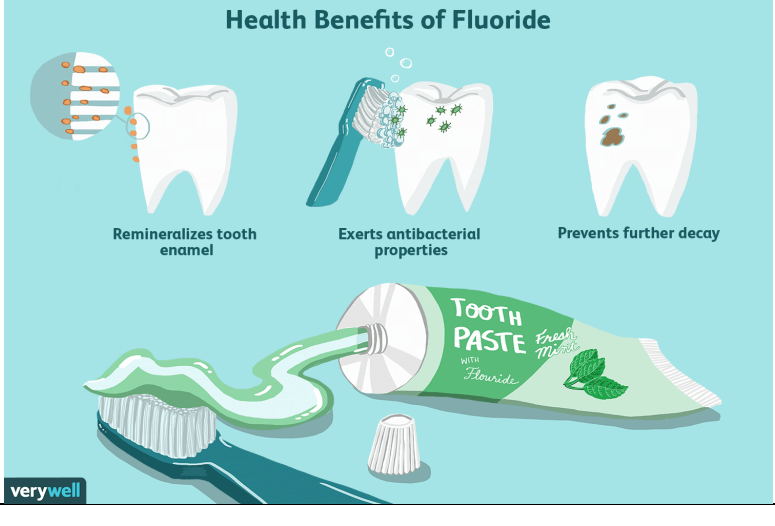
- Advise on cleaning the tongue after tooth brushing.
- This has to be done with the bristles of the brush by applying gentle back and forth strokes.
- Advise on rinsing the mouth thoroughly after brushing

2.6-Prevention of dental caries



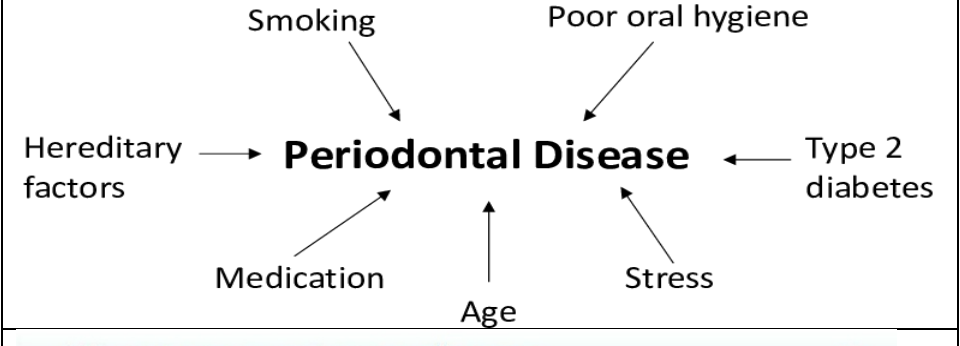






2.7-Prevention of gum diseases





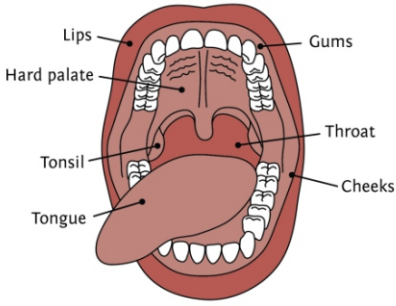


2.8-Prevention of oral cancer

What is oral cancer?

Cancer is a disease where cells in the body grow out of control.

Oral cancer is a disease where cancer cells form in the mouth, lips, cheeks, gums, tongue, hard palate, tonsils and the throat.



What can I do?

AVOID COMMERCIAL TOBACCO
Tobacco exposes the mouth to cancer-causing chemicals. *Learn more at: AICAF.org/quit*

LIMIT ALCOHOL USE
Alcohol can cause cancer by damaging DNA

GET VACCINATED AGAINST HPV
HPV (human papillomavirus) infects oral cells. HPV often has no symptoms. Vaccinating is essential. *Learn more at: AICAF.org/hpv*

LIMIT SUN EXPOSURE
Sun exposure can cause lip cancer. Use a lip balm with sunscreen to protect your lips from harmful sun exposure

MAINTAIN HEALTHY WEIGHT AND BE ACTIVE
Poor diet and lack of exercise can make it easier to develop cancer



BRUSH TEETH REGULARLY | USE A FLUORIDE TOOTHPASTE | FLOSS ONCE A DAY | SEE A DENTIST REGULARLY

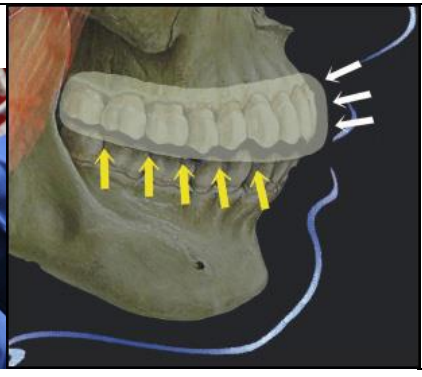
TIPS FOR BETTER **DENTAL HEALTH**

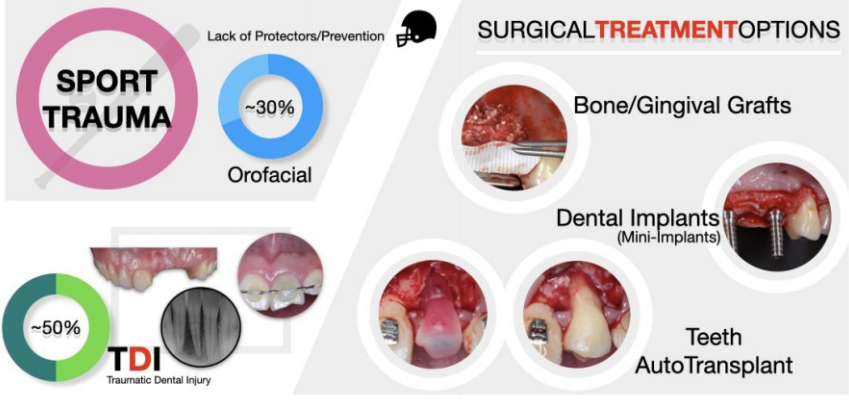


CONSIDER A MOUTHWASH | DO NOT SMOKE | LIMIT SUGARY FOODS | DRINK MORE WATER

2.9-Prevention of dental injury









2.10- Dental care during pregnancy

Dental care during pregnancy

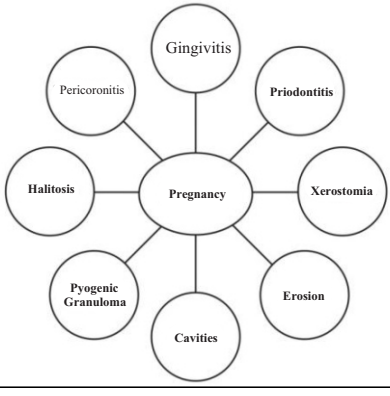
Q: Is it safe to take dental visit during pregnancy?

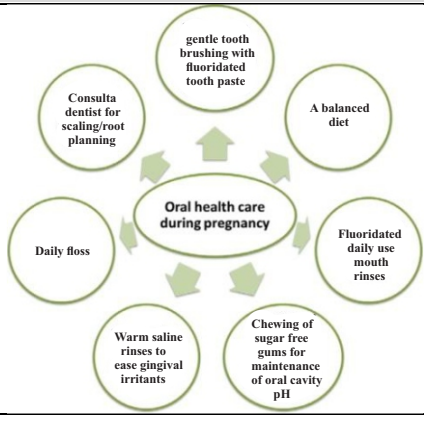
There should be regular dental visit during pregnancy as there are few phenomenon that occur during pregnancy that are to be treated.

Q: I am having pain in tooth and I am pregnant. Which medication can I use?

A: Consult your dentist and obstetrician before using any medication and seek treatment for the cause. Many medications are to be avoided during pregnancy







2.10-Preventive orthodontics

The need for Early Orthodontic Treatment In Children

Interceptive Orthodontics



This is done when the child is still growing and have most of their primary teeth

The aim of this early orthodontic treatment is to:

1. Correct facial asymmetry by directing jaw growth
2. Shifting protruding teeth into place to minimize the risk of trauma.
3. Making space for the grown up teeth to come in straight.
4. Helping with crowding to prevent permanent teeth from getting impacted or erupting at the wrong angles.
5. Correcting problem with chewing and speaking.
6. Boosting the child's confidence and self esteem.

Phase 1
Orthodontic treatment
This phase involve a child wearing an appliance like a space maintainer palatal expander or limited braces which aims to bring the teeth and jaws in normal growth patten

Phase 2
Orthodontic treatment
Phase -2 begins around the age of 12 or 13, which may consist of fixed braces , Removable appliance or clear aligner
This will hep to correct the bite and give them a beautiful healthy smile.



Space Maintainer Palatal Expander

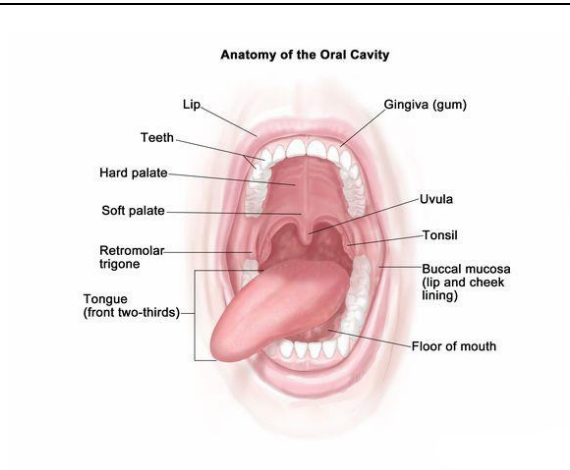


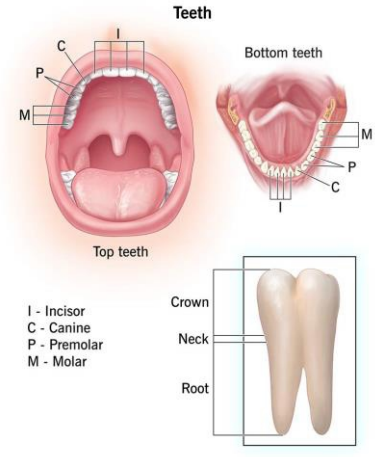
Orthodontic appliance

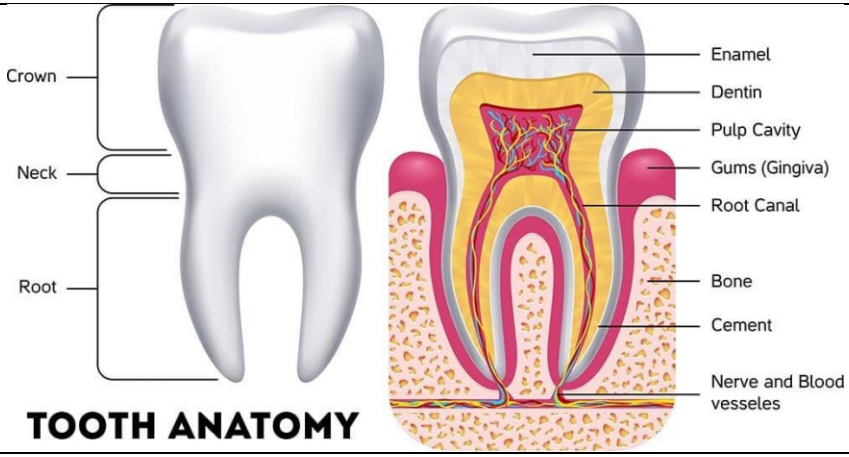
Removable appliance

3—General oral phenomenon

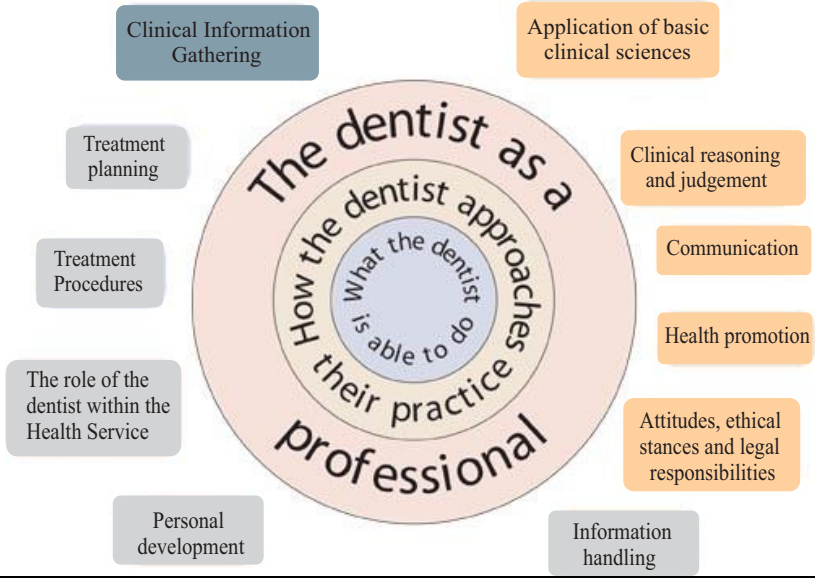
3.1-Dental/ oral anatomy





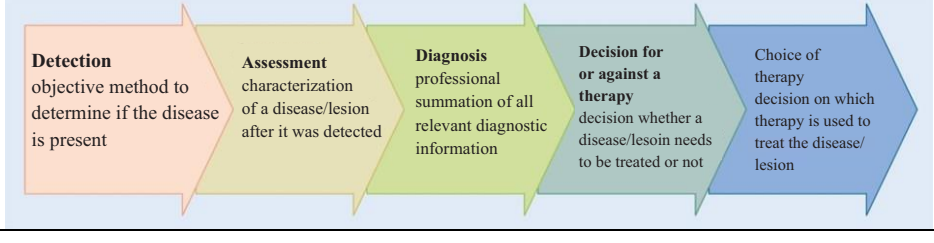


3.2-Dental treatment process



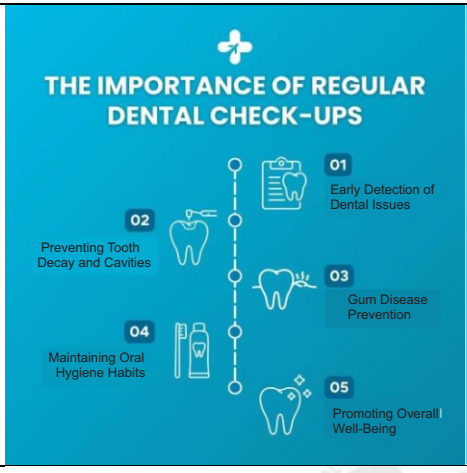
Dental diagnostics

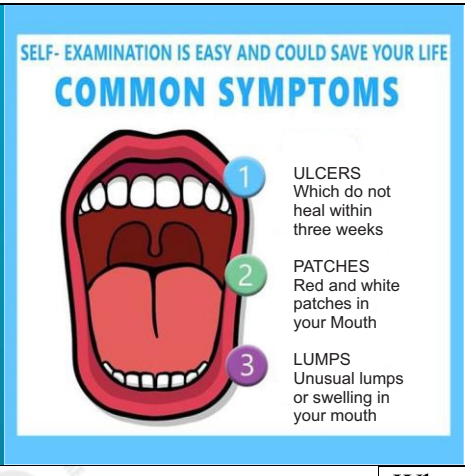




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3.3-Regular self examination of mouth

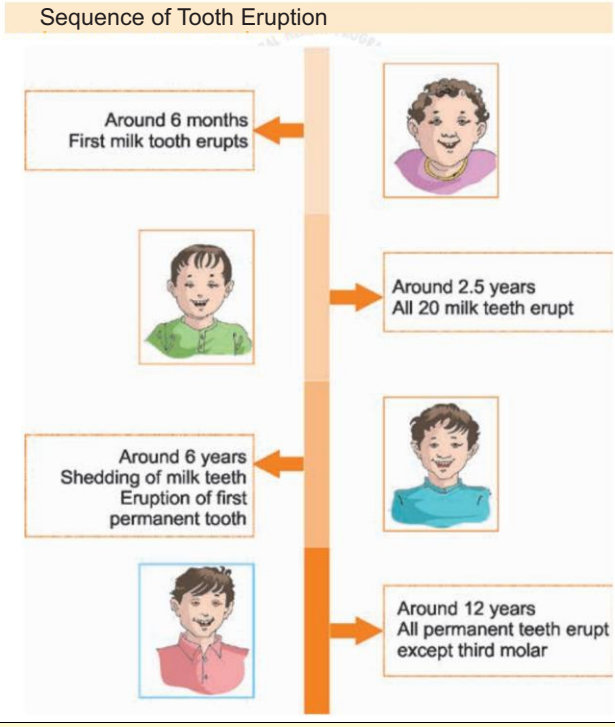




Condition	Identification points
Tooth decay	Black spot/discoloration of tooth Cavity / hole in the tooth Sensitivity to hot and cold, sweet and sour Food lodgement in the cavity/ between teeth Pain / swelling / pus discharge
Gum diseases	Foul smell Bleeding gums Deposits and discoloration of tooth Loose teeth Widening gap between teeth Swollen gums
Irregular arrangement of teeth and jaws	Crowding of teeth/reverse bite Protruding / Backwardly placed teeth /Inability to keep the lips closed
Abnormal growth, patch or ulcers	White / red patch Non healing ulcer (for more than 2 weeks) Reduced mouth opening Change in voice Lump in the neck Burning sensation Inability to eat spicy food

What are the things to check for in the tooth ?

3.4-Pediatric milestones





3.5-Infants



ORAL HEALTH CARE FOR INFANT



CLEAN THE GUMS OF YOUR BABY

You can always clean the gums after feeding them and it will remove the bacteria present in the mouth.

BEING CAREFUL WITH THE FIRST TEETH

When you witness the first teeth of your baby, it must be considered the right time to bring out the soft bristles toothbrush and an extremely small amount of toothpaste.





CLEANING THE MOUTH AND TEETH - TWICE a DAY

You must inculcate a habit of cleaning the mouth twice a day right from the moment the first teeth appear.

FEEDING BABY HEALTHY DRINKS TO MAINTAIN ORAL HEALTH

It is essential to provide the right drinks and food. Although, you can provide them fruit juices but make sure they are fresh and have no added sugar.





THE RIGHT TIME TO CONSULT THE DOCTOR

You must take a visit to the dentist for the first time when the baby is one-year - old. You can also visit the dentists as soon as the first teeth appear.

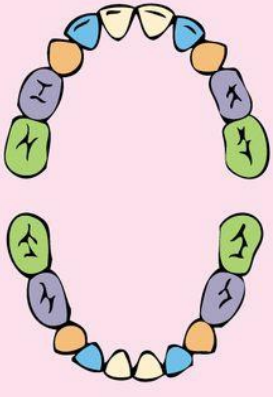
3.6-Teething and baby teeth

A GUIDE TO TEETHING & BABY TEETH

COMMON SIGNS OF TEETHING:

- Excessive drooling
- Puffy/swollen gums
- Fussiness
- Difficulty sleeping
- Ear pulling
- Rejecting food
- Rubbing chin and cheeks





BABY TEETH TIMELINE:

5-10 MONTHS - Central Incisors

7-12 MONTHS - Lateral Incisors

11-18 MONTHS - First Molars

16-20 MONTHS - Canines

20-30 MONTHS - Second Molars

**Signs and timeline can vary depending on the child.*

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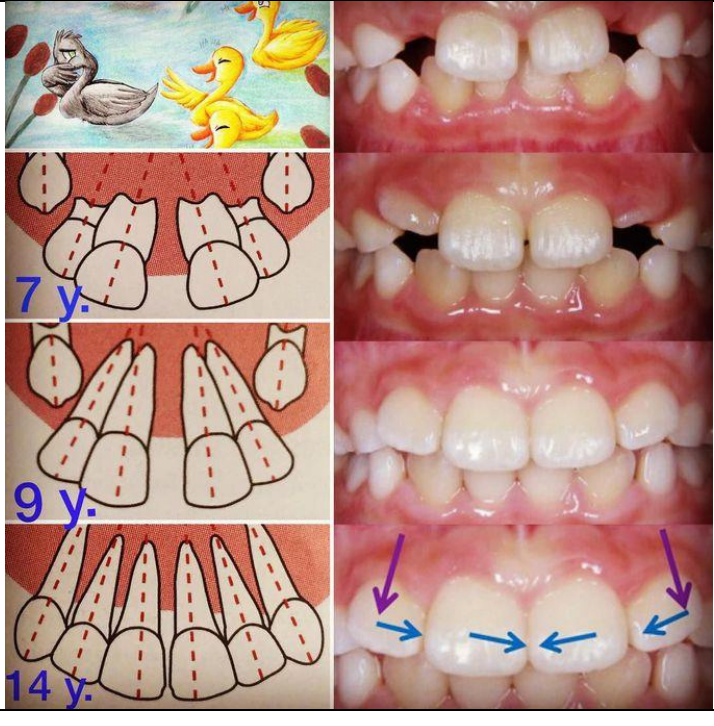
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3.8-Ugly duckling stage



Ugly duckling stage
Broadbent phenomenon)

- It is a transient/ self correcting malocclusion seen in the maxillary incisor region between 8-9 yrs of age
- Erupting permanent canines displace the roots of lateral incisors mesially, resulting in transmission of force on to the roots of central incisors which also get displaced mesially



3.9-Regular dental visit



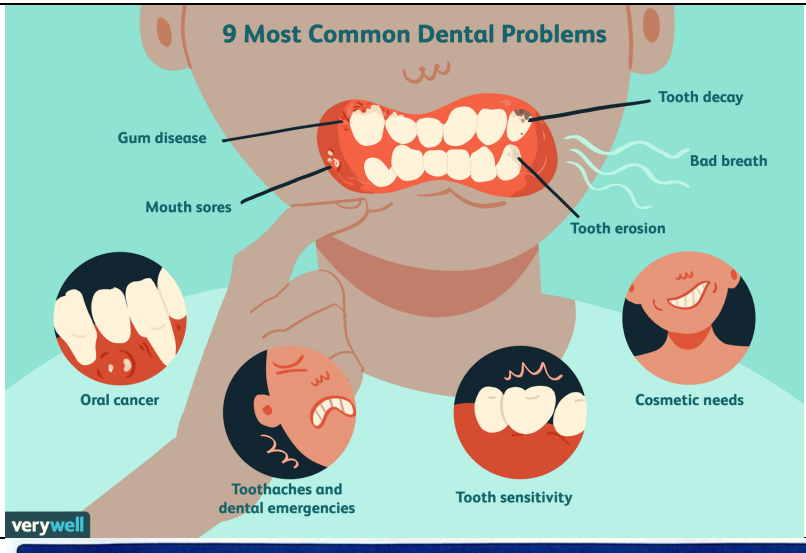


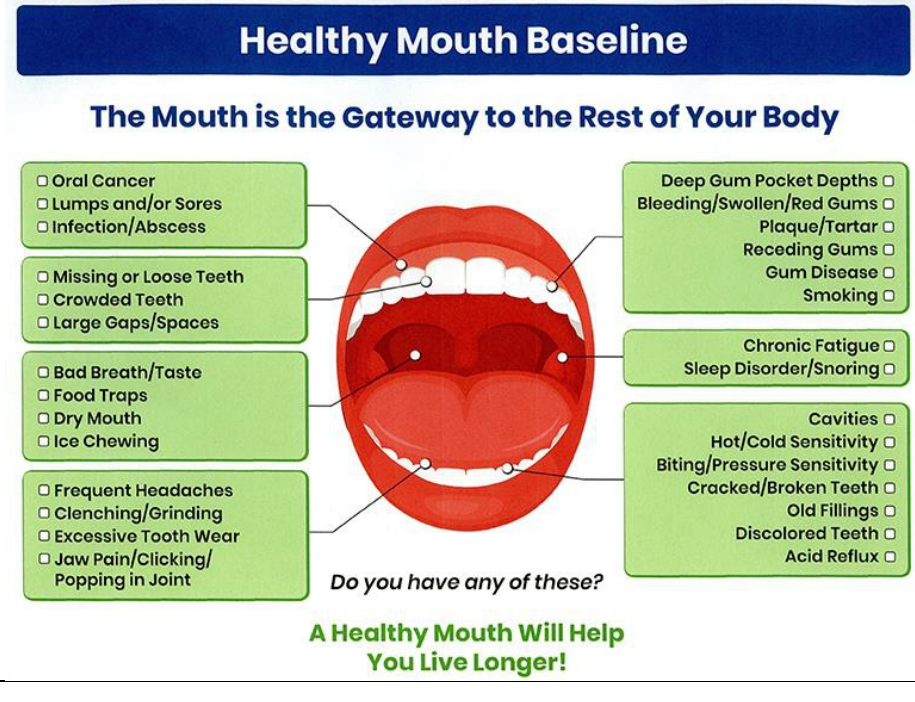
The American Dental Association (ADA) recommends a baby's first dental exam happen within six months after the first tooth appears, but no later than the child's first birthday.



4- Common oral health diseases and conditions

4.1-Common Dental problems

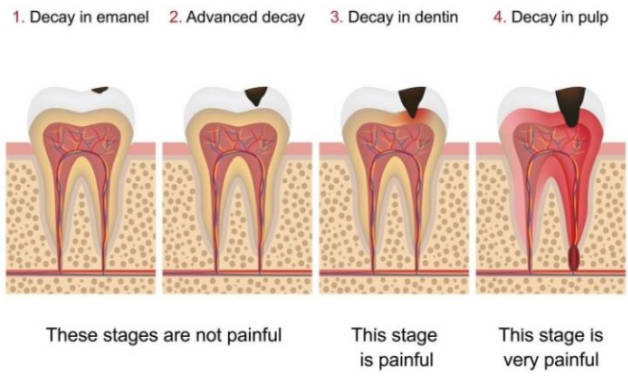




4.2-Tooth decay/ Dental caries

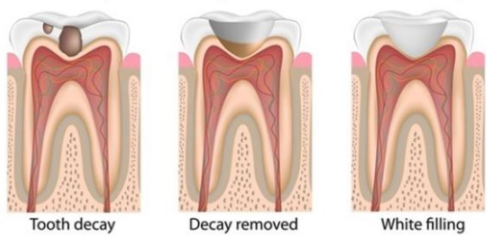
What are the signs of tooth decay?

- Painful tooth
- Sensitivity to hot and cold
- Cavity in the tooth
- Pus coming out of tooth or at root
- Swelling of area in advanced cases



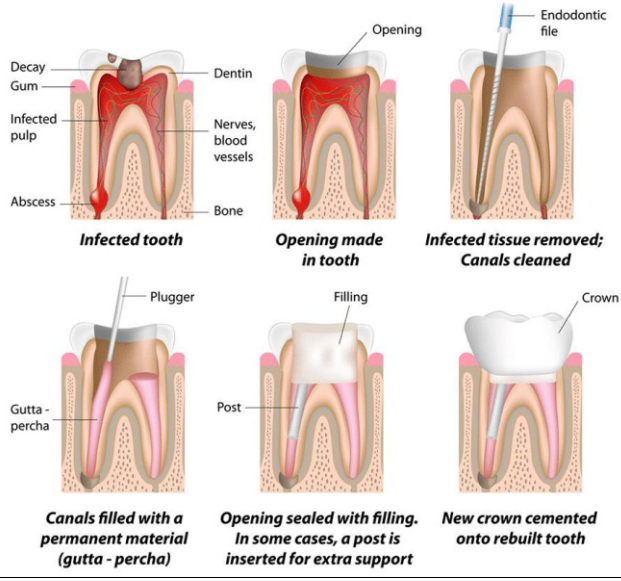
What are the treatments done for dental caries?

- Dental filling
- Root canal therapy
- Extraction



Root canal therapy- steps

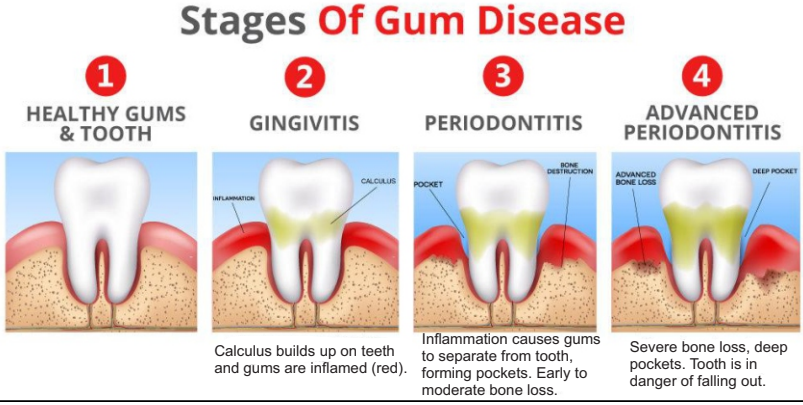
- Local anesthesia
- Access opening
- Canal cleaning
- Canal filling
- Tooth filling
- Crown application



4.3-Gum diseases/ Gingivitis

What are the stages of gum diseases?

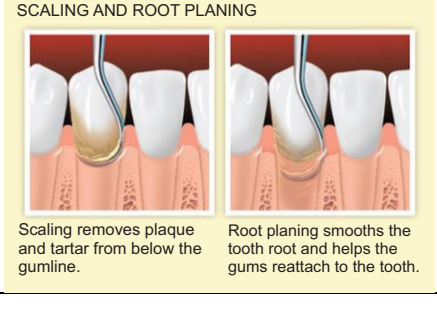
- Gingivitis is the inflammation of gums- reddening
- Periodontitis is advanced gum diseases with bone loss and mobile teeth



What are the warning signs of gum disease?



What is scaling and root planning?



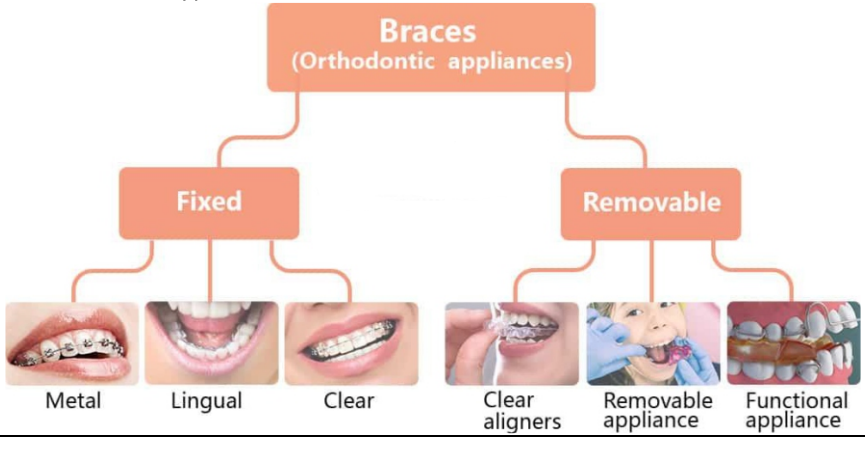
4.4-Irregular teeth/ Malocclusion

What are the conditions of irregular teeth for orthodontic consultation?





What are the types of orthodontic treatment?



4.5-Missing tooth

What are the causes of tooth loss?



What are the consequences of missing teeth?



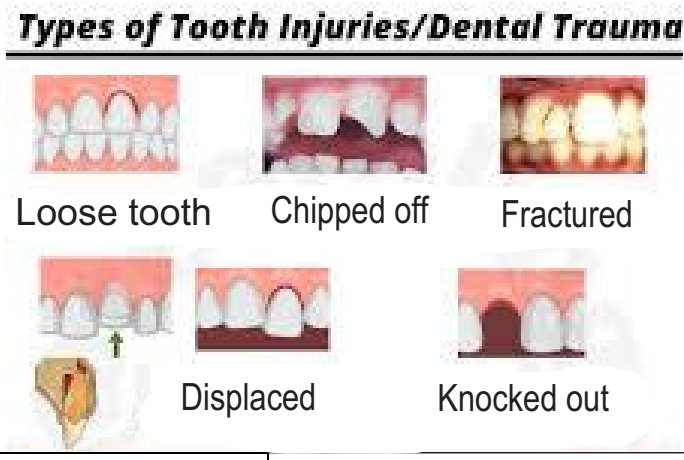
What are the options for replacement of missing teeth?



4.6-Tooth injury

What are the types of tooth injury?

- Loose tooth
- Chipped off
- Fractured
- Displaced
- Knocked out or avulsed tooth



What to do when the tooth is knocked out?



What are the medium for tooth transport?

-Milk saline



What is tooth splinting?

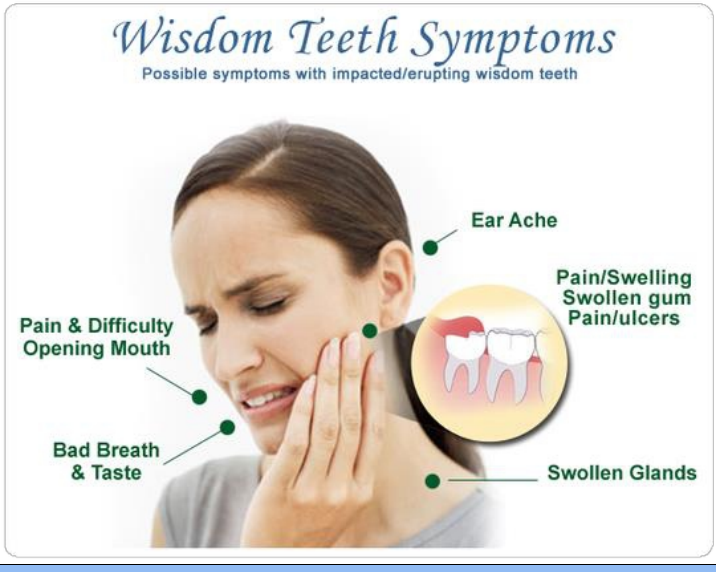


tooth splinting is a procedure where the knocked out teeth is kept in the socket and glued to other tooth for support for 1 week to 4 week

Does the tooth need root canal therapy?

Yes many a times tooth require root canal therapy for prevention of complications

4.7-Wisdom teeth



What are the symptoms of wisdom teeth?

- Pain
- Swelling
- Difficulty opening mouth



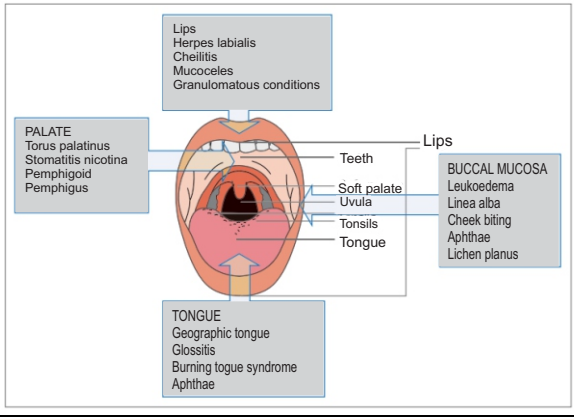
What are the steps of wisdom tooth removal?

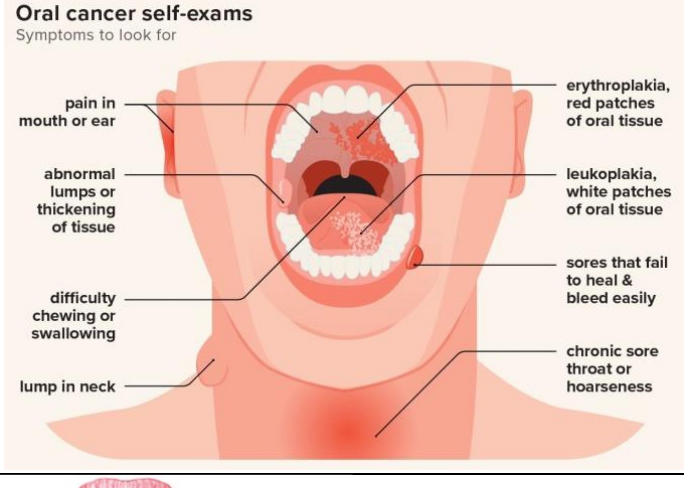
What is the age of wisdom tooth problem?
Specially after 16 years of age

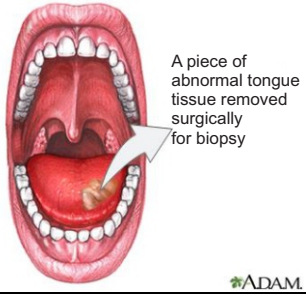


4.8-Oral lesions and oral biopsy

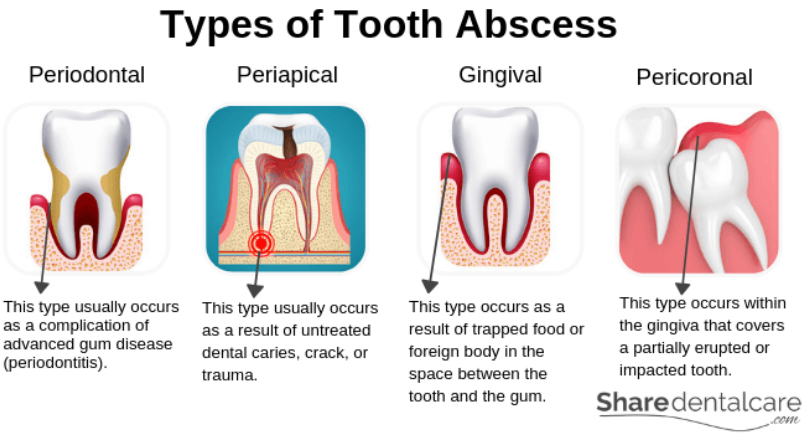
Common oral lesions

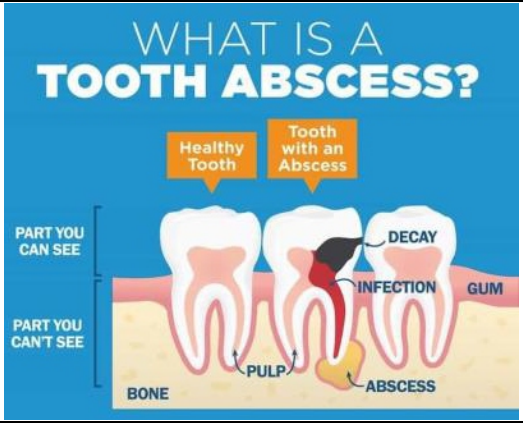






4.9-Dental infection







4.10-Orofacial deformities

What are the common orofacial deformities:
Cleft lip and palate, tongue tie, hemangioma and malformation

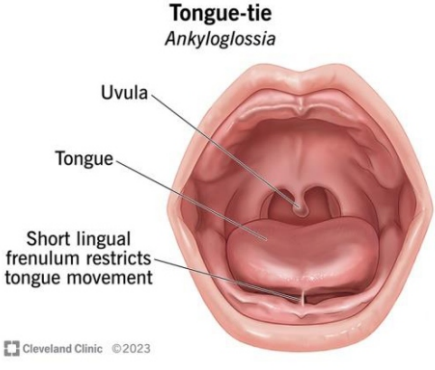
What is cleft lip and palate



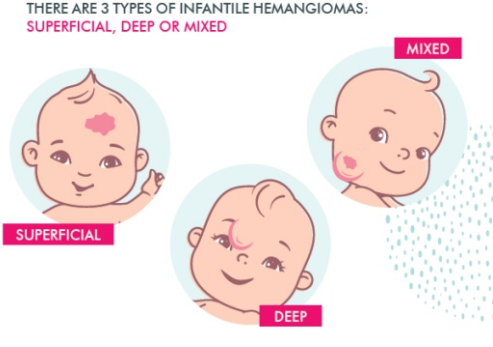
Baby with cleft lip



Baby with cleft palate



Q: What happens if your child's tongue-tie is left untreated?
A: It depends on the child. **In some cases, there are no problems if tongue-tie is untreated. In other cases, it may cause problems with breastfeeding, and later on, with speech, eating certain foods, and dental hygiene**

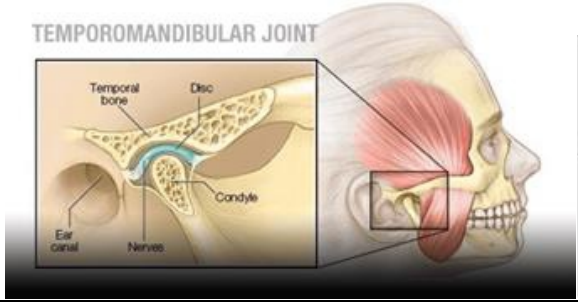


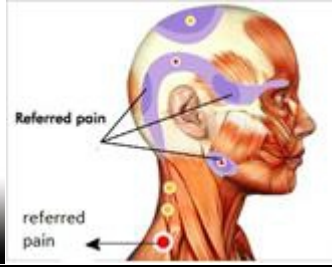
Do baby hemangiomas go away?

- About 80 percent of hemangiomas stop growing by about 5 months,
- **By the time children reach 10 years of age, hemangiomas are usually gone**.

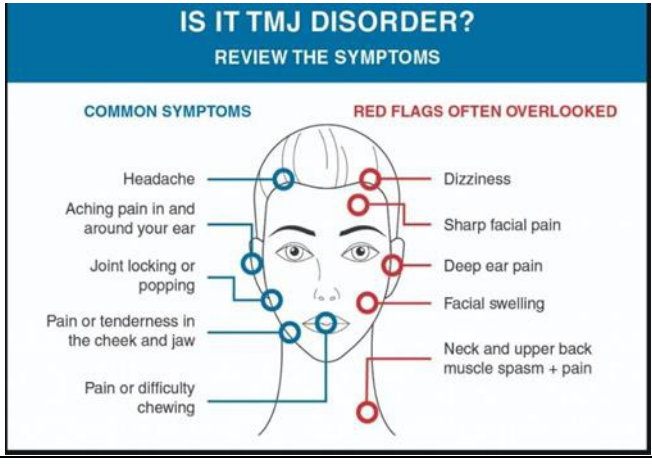
4.11-TMJ pain

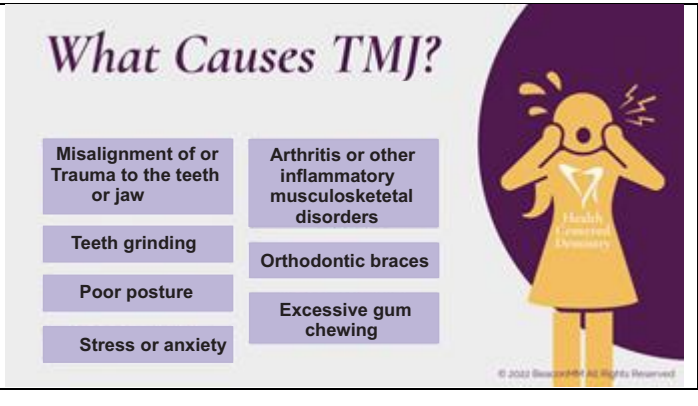
What and where is TMJ pain?





What are the features of TMJ disorder?



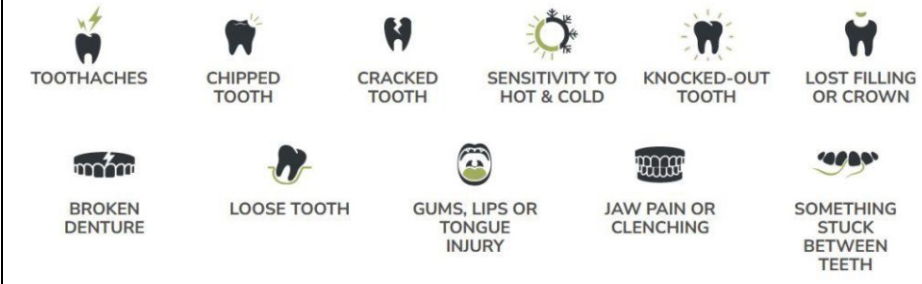


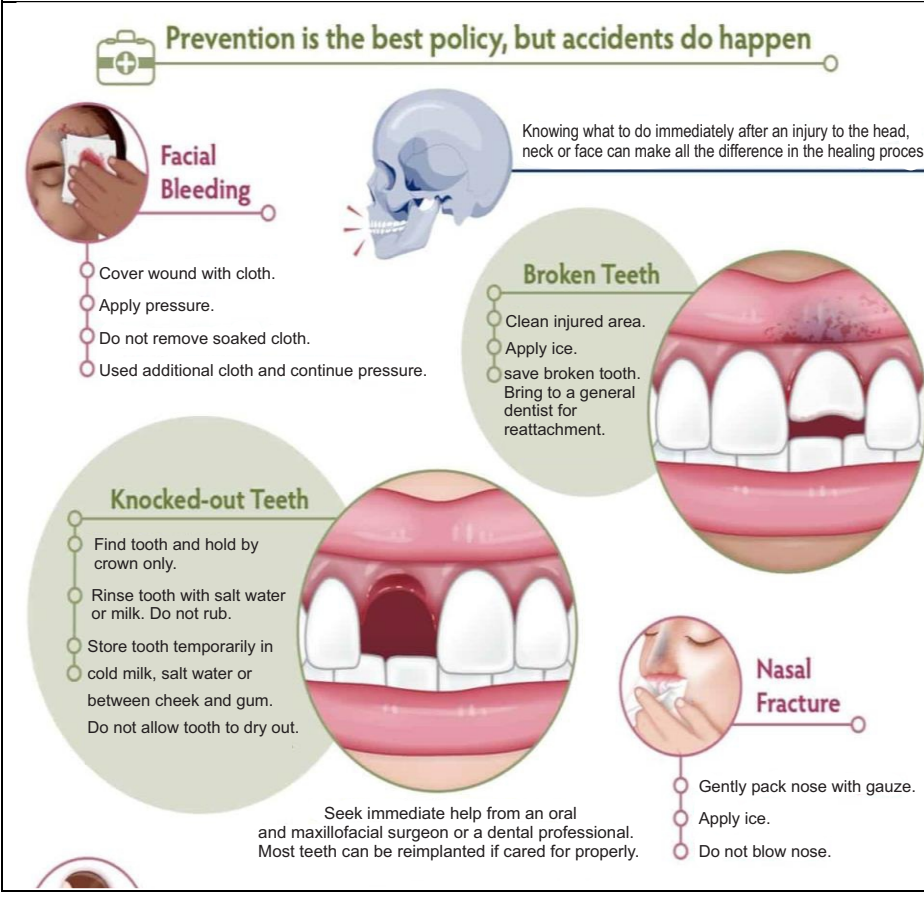
What are the treatment options for TMJ disorder

- Medications- painkiller, relaxant
- Exercises
- Surgery

4.12Dental emergencies

What are the common dental emergencies?





5- Apendix

5.1-Frequently asked question

Can decay occur early in childhood, what should be done when decay is noticed early in childhood? -Yes. Continuous bottle feeding of sweetened milk to infants after weaning, particularly at night can lead to rampant decay of all teeth, sparing the lower front teeth. Immediately after the first tooth erupts, it is important that the mother consults a dentist and gets advised on importance of oral hygiene early in life.
What has to be done to avoid staining of teeth? -Regular tooth brushing and mouth rinsing habits can help avoid staining on teeth. In case stains persist, a dentist has to be consulted.
How often should teeth be cleaned by a dentist? -If maintained well, a regular check-up once a year would suffice. Cleaning is essential only when plaque deposits harden to form calculus tenaciously attached to the gum.
What can be used to clean teeth? -It is advisable to use a soft bristle brush and pea size of tooth paste to clean teeth twice a day. This avoids plaque accumulation and prevents decay and gum diseases.
How to keep teeth healthy? -Brushing once in the morning and always before sleeping along with a practice of rinsing mouth with water after every meal is the best way to keep teeth healthy. Mouth rinsing should also be practised after eating sweet / sticky food like cake, bread, biscuits, chocolates, candies, rice etc.
What is the best way to help a person quit smoking / chewing tobacco? -Advising them to delay tobacco use, divert the mind from the thought of tobacco, drink about 4-5 litres of water a day, do exercise and identify a quit date to completely forgo tobacco is something any person can do. In addition, referral to the nearest health facility for personalised counselling can help. How important is it to fill milk teeth? -Milk teeth guide the eruption of permanent teeth and act as natural space maintainers for the permanent set of teeth. Also, they are important for functional aspects like chewing and speaking. It is thus important to keep milk teeth healthy and get decayed milk teeth filled.
Why should a child rinse mouth after using medicated syrups? -Most medicated syrups for children are made palatable by adding sweetener. If left uncleaned, the retention of syrup on teeth can lead to decay.

5.2-Common myths and facts

Myths	Facts
Oral health has no impact on general health	Oral cavity is the mirror of your body. It is very important to maintain good oral health and go for timely dental checkups. Poor oral health can impact overall health
Brushing during pregnancy can worsen the gum bleeding/ gum enlargement	The gum disease gets aggravated during pregnancy due to changes in hormone levels. Continue with brushing and consult a dentist for further advise and treatment
Cleft is caused because of curse or exposure during eclipse	Cleft of the lip or palate in a child can occur dur to some reasons like lack of nutrition including iron and folic acid in the mother
Milk teeth should only be brushed after all of them erupt	As soon as the firth tooth erupts in the mouth, one must start brushing the tooth using a baby tooth brush
Cavities on milk teeth can be left untreated s they will shed and new teeth will come in their place	Cavities left untreated can cause destruction of teeth
Tooth powder is better than tooth paste	Tooth powder have more abrasive agent and damage teeth over a period of time
Scaling lossen the tooth and weaken them	Scaling causes removal of calulus and tartar and donot cause poor affect on tooth
Tooth extraction can lead to loss of eyesight	Tooth removal has no known impact on vision/ eyesight

About Nepal Dentofacial Center-

We are state of the art multispecialty dental and specialty health service provider based on the heart of the Dhangadhi city, Nepal. Well equipped with modern day instruments and armamentarium, it is aimed for best of the basic and advanced treatment related to the specialty. It is the referral center for sudurpaschim in relation to all the nine districts.

Why choose Nepal Dentofacial Center ?

- Treatment by well qualified dental practitioners and esteemed faculty
- Personalized treatment plans and effective treatment procedures
- Modern equipment and facilities
- Multispecialty dental clinic with the consultants of all streams and well-resourced dental units
- Quality treatment which at the same time is easy on the pocket
- Excellent service facility

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Dr. Deepak Thakurathi **FCPS, Consultant Oral and Maxillofacial Surgeon** **NMC no: 8655**	**Dr. Prerana Sharma** **MDS, Consultant Endodontist** **NMC no: 8849**
Dr. Mona Khadka **MDS, Consultant Orthodontist** **NMC No: 13867**	**Dr. Jyotshna Poudyal** **MDS, Consultant Prosthodontist** **NMC No: 14774**
Dr. Manisha Neupane **MDS, Consultant Periodontist** **NMC no:12046**	**Dr. Laxmi Prashad Joshi** **BDS, General Dental Practioner** **NMC no:14758**