Adjunctive Oral Hygiene Devices

By

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Tongue Cleaning

- Microorganisms of the tongue
- Anatomic features of tongue conducive to debris retention
Tongue Cleaning

• Effects of cleaning the tongue:

✓ Retard bacterial plaque formation
✓ Reduce number of microorganisms
✓ Reduces potential for halitosis
Tongue Cleaning

- Tongue Brushing
- Tongue Scraping
Brushing Tongue Procedures

- Hold the brush handle at a right angle to the midline of the tongue
- Direct the brush tips toward the throat
- The sides of the brush filaments with the tongue extruded are placed on the posterior part of the tongue surface
- With light pressure, move the brush forward over the tip of the tongue
- Repeat three or four times
Tongue Scraping

- Tongue scrapers or cleaners may be made of plastic, stainless steel, or other flexible metal.
Tongue Scraping

- Place the arch toward the posterior of the dorsal surface
- Press with a light but firm stroke, and pull forward
- Repeat several times
- Wash the tongue scraper under running water
Adjunctive Oral Hygiene Aids

- Interproximal Cleaning Aids:
  - *Dental Floss*
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.

Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.

Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth.

Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.
Watch the Attached Video of Teeth Flossing...!!
Dental Floss Holders
Dental floss for dental appliances

Super floss (Thick Floss)
Super floss (Thick Floss): tufted dental floss uses:
Adjunctive Oral Hygiene Aids

- *Interdental Brushes*
- **Rubber tip Interdental Stimulator**: For Gingival Massage or Stimulation
Adjunctive Oral Hygiene Aids

- Tooth Pastes (Dentifrices)

- Anti – Microbial Agents: (Mouth Washes (Rinses)

- Miswak (Siwak)
Dentifrices: Tooth Pastes

• Contains:

✓ Abrasives: help in removal debris and polishing
✓ Detergents: help in removal debris and polishing
✓ Flavoring agent: give a pleasant taste to brushing
Adjunctive Oral Hygiene Aids

• *Oral Antimicrobial Agents:*

- Chlorhexidine digloconate is the most effective topical antimicrobial agent on reducing plaque and gingivitis
- It is available in USA in a 0.12% concentration
Oral Irrigator

Flush Zone

Impact Zone
Siwak (Miswak)

- Siwak has a significant importance in Islam; to be used for practicing good oral hygiene
Siwak (Miswak)

- Siwak was used by Greek, and Roman empires
Siwak (Miswak)

- Siwak Tree called: Salvadora Persica
Siwak (Miswak)

- Siwak roots, branches are used
- For easy grasp and manipulation about 15 – 20 cm length are recommended
- 1 cm diameter allows the stick to transmit the pressure of cleaning without breaking
- Soaked in fresh water for 24 hours since the dry siwak may cause damage for the gingiva
The application of Miswak to the lingual surfaces
Examples of Siwak Products

- Tooth pastes
- Mouthwashes
- Powders
Design brief:

KUKUA branch toothbrush, briefly developed from branch of salvadora persica tree, makes buccal cleansing no longer a movement with plastic sticks and chemical ointment but a joy with the ‘growing’ branch of salvadora persica tree, purely organic from the nature.
Chemical analysis for siwak reveals that it contains a total of 19 natural substances beneficial to dental health

- Trim ethylamine
- Salvadorine
- Chlorides
- High amounts of fluoride
- Silica
- Sulphur
- vitamin C
قال عليه الصلاة والسلام "السواك مرضاة للرب مطهرة للفم "

قدّرته فريدة على اختراق طبقة الميوسين

مواد مهدئة للمعدة والأعصاب

مواد تحفزة للذاكرة والتركيز

مواد تبيض للأسنان

مواد تقطع البلغم

مواد تقطع إدمان السجائر

مواد مضادة للسرطان

مواد معطرة لرائحة الفم فورية

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