

**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**

**NATIONAL TOOTH BRUSHING DAY**

**NOVEMBER 7<sup>th</sup> 2019**

**REPORT**



*BATCH:-*  
Final year B Batch 2016-17

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Final year (feb) D Batch 2015-16

- DATE & VENUE :

CHETTINAD COLLEGE - A BLOCK PAEDIATRICS WARD ON Nov 7<sup>TH</sup>2019

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CHETTINAD COLLEGE – E BLOCK PEDODONTICS DEPARTMENT ON Nov 9<sup>TH</sup>2019

- DAY : Thursday and Saturday
- TIME : 11.30AM TO 12.30PM

**Students participate**

- CHANDHNI
- DEEPIKA
- HEMALATHA
- JOHNVEE
- BALAJI
- HARISH
- JAYAKUMAR
- JAYABALAN
- GOUTHAM
- GOWTHAM
- BALAM SAMRAJ
- JINEESH
- ATEEQ
- METHAF

- KRITHIKA

### INTRODUCTION

- We the students of FINAL YEAR BDS “B” BATCH & "D" Batch conducted a national tooth brushing day on November 7 and 9 2019 on the occasion of national tooth brushing day in order to spread awareness about poor oral hygiene patients.
- We made posters in order to spread awareness among the common people and tried to alter their general mindset regarding the concept of Oral hygiene and explained to them the role they can play in helping unawareness patients worldwide.

### National tooth brushing day

- Most people consult a dentist only when their symptoms get unbearable.
- Simple everyday brushing with the right technique can go a long way in preventing a plethora of dental problems.
- One step ahead of pain is worth three thereafter

Posters for national tooth brushing day





CHANDHNI- WHILE EXPLAINING ABOUT THE NEEDS OF THIS DAY



**HARISH — Explaining about tooth brushing technique**



- The various periodontal problems such as gingivitis, gingival recession which in turn leads to mobility of tooth.
- Simple and effective brushing twice a day can prevent accumulation of plaque and calculus, which would in turn prevent halitosis and other periodontal problems that I spoke about
- We urged them to visit the dentist at the starting stage for when they notice bleeding from their gums while brushing, instead of waiting for the condition to get worse.
- We told them about the development of caries if they failed to maintain proper oral hygiene

DEEPIKA and HEMA - Explaining about do's & don't



ATEEQ, JINEESH, BALAJI - Explaining about oral hygiene instructions



JAYAKUMAR, JAYABALAN, BALAN- Explaining about brushing technique





GOUTHAM & GOWTHAM-Explaining about mistakes in tooth brushing







PAEDIATRICS WARD





**PEDODONTICS DEPARTMENT**



\*We have prepared a chart on Do's and don'ts in maintaining oral hygiene\*

My chart illustrates to

-brush twice daily

-amount of toothpaste used should be in the size of a pea.

-we also added a note on to visit a dentist 6 months once or atleast once in a year to prevent any infection before it begins.

- And also to change your tooth brush regularly 2 months once.

- We asked them to replace their toothbrush if they have suffered any illness as there is increased risk of getting sick again.

- We asked them to use auxiliary aids like tongue cleaner and mouth rinses.

Plastic tongue cleaner is prescribed over the steel one.

Mouth rinses should be used in 1:1 dilution and once daily.

Don't s

- We explained them about the harmful effects of smoking.

- We advised them not to do aggressive and prolonged brushing as it may cause attrition

- And asked them to rinse their mouth after eating to prevent plaque formation

- We asked them to brush for 2 min covering all the tooth surfaces and to avoid hurry bury brushing

### What we learnt from the awareness programme

- We understood how to interact with the patients
- We came to know the different mentalities of the patients.
- How to approach a group of people with different age groups and with different set of minds.
- We learned How to spread awareness among the people.

- We came to know how important the day is and the needs for celebrating this day

***Vote of thanks***

Overall it was an enlightening experience and it helped us learn a lot about the welfare for cancer patients. So we thank the public health dentistry department and the faculty members for providing us with this wonderful opportunity.