AUGUST 1 2019

DEPARTMENT OF PUBLIC HEALTH DENTISTRY

August 1 is celebrated as ' THE ORAL HYGIENE DAY ' in India. The Oral Hygiene was introduced to celebrate the birth anniversary of the doyen of Indian Periodontics and Founder of the Indian Society of Periodontology(ISP), Dr. GB Shankwalkar,who was born on August 1.

PRIMARY OBJECTIVE :

- To spread the message of oral health and its importance to curb the ignorant trend of neglect which has been one of the main causes for
- dental diseases.

OUTREACH PROGRAMME - 2

VENUE :PRIMARY HEALTH CENTRE, KELAMBAKKAM

DATE : 1/ 8/2019

STAFF ACCOMPANIED : Dr. NAGALAND

INTERNS ATTENDED :Dr. DIVYA PRIYA

Dr. MYLISHA

Dr.NANTHINI

Dr. SAROJINI

Dr.YAZHINI

PROGRAMME DONE FOR THE DAY :

- Health Talk on Importance of Oral Health.
- An interview on awareness among people to maintain Oral Hygiene and the basic habits associated with it.
- Obtained Feedback.

ACTIVITIES DONE

- Health talk was given on :
- ✓ Brushing technique
- ✓ Mouth rinse
- ✓ Tongue cleaning
- ✓ Repair Fractured tooth
- ✓ Orthodontic problems
- ✓ Prevention of Dental caries
- ✓ Fluorosis

ORAL HYGIENE INSTRUCTIONS
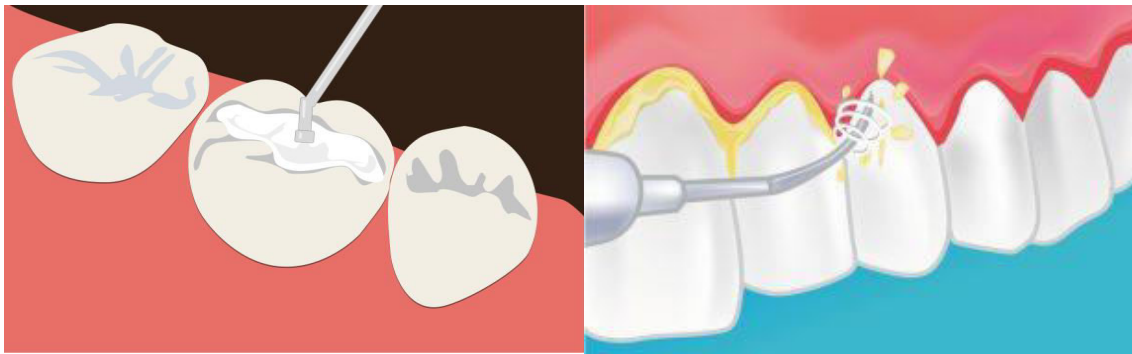
BRUSH YOUR TEETH TWICE A DAY WITH A FLUORIDE TOOTHPASTE

CLEANING INBETWEEN YOUR TEETH WITH FLOSS OR INTERDENTAL AIDS

REPLACE YOUR TOOTH BRUSH EVERY THREE MONTHS

EATING A BALANCED DIET AND LIMITING BETWEEN -MEAL SNACKS

SCHEDULE REGULAR DENTAL CHECK UPS

TREATMENTS EXPLAINED ON

RESTORATION SCALING

CAVITY PREPARATION   FLUOROSIS

NORMAL   MILD

MODERATE   SEVERE

EXTRACTION   ORTHODONTIC PROBLEM

ACTIVE PARTICIPATION OF PATIENTS

Patients were co-operative and were eager in listening to the oral hygiene instructions given.

- ✓ We explained about the :
- ✓ Benefits of brushing twice daily.
- ✓ Correct method of brushing technique and demonstrated the technique.
- ✓ Benefits of using interdental floss.
- ✓ Benefits of using chlorhexidine mouthwash in 1:1 dilution in water.
- ✓ Changing the tooth brush once in three months
- ✓ Visiting dentist once in six months

THANKYOU