

# Dental Hygiene



Historically, dental hygienists have based their vocations on prevention. Now there is more of a focus on the newest lasers, diagnostic tools, and surgical techniques. Dental hygienists remove soft and hard deposits from teeth, teach patients how to practice good oral hygiene, and provide other preventive dental care. Hygienists examine patients' teeth and gums, recording the presence of diseases or abnormalities. They remove calculus, stains, and plaque from teeth; perform root planing as a periodontal therapy; take and develop dental x rays; and apply cavity-preventive agents such as fluorides and pit and fissure sealants. They can also perform oral cancer screenings, tobacco cessation and nutritional counseling.

The pathogenesis of oral disease is the same in everyone— there is bacteria in our mouths cause disease that must be prevented. The challenges presented in preventing oral disease is important and extremely prevalent.

It is important to develop good oral hygiene practices. Failure to do so can result in serious damage to your teeth and gums such as tooth decay, gum disease, missing teeth, and bone loss. These issues will lead to more expensive dental procedures in the future, and can be very harmful to your overall general health

For this reason, it is essential that you learn how to properly care for your teeth and gums. Brushing and flossing at least twice a day are an important part of your regular dental hygiene regimen. It will help keep your teeth and gums healthy so that they function properly for years to come. It is also important to floss at least once a day as well. Flossing removes food and plaque between your teeth. Brushing alone will not be sufficient to reach plaque and bacteria in the crevices between your teeth.

Regular dental checkups will ensure that we catch any oral health issues in their earliest stages of development. This will permit the usage of the least invasive treatment methods possible to correct the condition. It doesn't take much to protect your teeth. Once these steps become habits, you'll be on your way to a lifetime of sound dental health.

## Websites to View

[Centers for Disease Control and Prevention](#)

[Gum Disease Information](#)

[Diabetes and Periodontal \(Gum\) Disease](#)

[TMJ Diseases and Disorders](#)

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