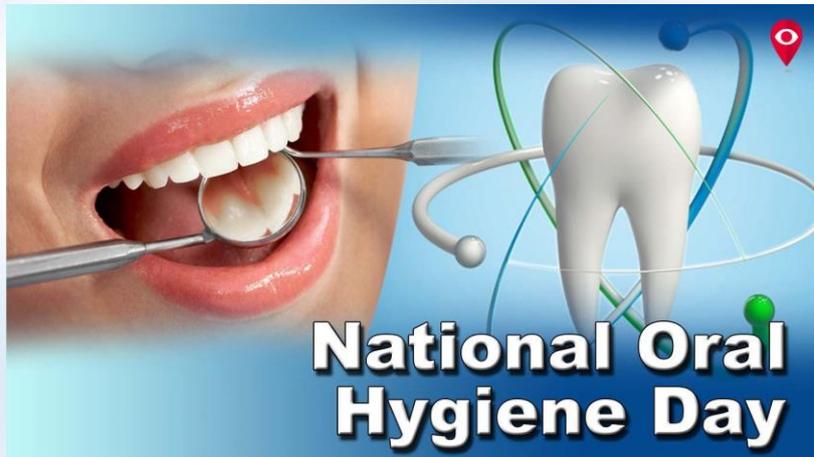# SANGHAMITRA SCHOOL

National Oral Hygiene Day

August 1st 2022

Every year, 1st August is observed as Oral Hygiene Day in India to commemorate the birth anniversary of Dr G B Shankwalkar, the founder of the Indian Society of Periodontology. The day aims at spreading awareness about the importance of maintaining oral hygiene and the ways to prevent several dental as well as systemic diseases.

Oral hygiene day was observed in school on 1 st August. Dr K Srivani MDS Prosthodontist and Implantologist shared the importance of oral hygiene and tips on effective brushing.   Her talk included

How to maintain oral hygiene
Some measures that should be followed regularly to ensure a clean and healthy oral cavity include:

1. Regular oral hygiene practice

- **Brushing**: One should brush their teeth twice daily, once in the morning after waking up and once before sleeping at night, with a soft or ultra-soft bristled toothbrush.
- **Flossing**: Floss is a thread coated with wax used to remove plaque and debris stuck between the teeth, dental fillings, and braces. Flossing regularly can reduce gingival bleeding and reduce the risk of developing cavities.
- **Tongue cleaning:** Cleaning the tongue is an important aspect of a completely clean mouth as it prevents bad odour. Tongue cleaning can be done using metal/plastic scrapers or the non-bristle end of the toothbrush.

She instructed children and teachers on the importance of

- Brushing twice daily
- Always rinsing mouth after eating biscuits and chocolates.
- Demonstrated the correct way to brush. Doctor stressed on the rotation of the brush and brush the entire mouth.

Thank you doctor, it was a very helpful and much needed session for children.

Oral hygiene is important and it is the gateway to our body, it is important that children learn the importance of oral hygiene.

Happy teeth!!! Happy smiles.!!!