

Floss Before Or After Brushing

Oral hygiene g. The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases, including gingivitis, and periodontitis. for adults suggest brushing at least twice a day with a fluoridated toothpaste: brushing before going to sleep at night and after breakfast in the morning Oral hygiene is the practice of keeping one's oral cavity clean and free of disease and other problems (e. bad breath) by regular brushing of the teeth (dental hygiene) and adopting good hygiene habits. It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath 4a1929ce2f

Tooth brushing Tooth brushing is the act of scrubbing teeth with a toothbrush equipped with toothpaste. Interdental cleaning (with floss or an interdental brush) can be useful with tooth brushing, and together these two activities are the primary means of cleaning teeth, one of the main aspects of oral hygiene. Interdental cleaning (with floss or an interdental brush) can Tooth brushing is the act of scrubbing teeth with a toothbrush equipped with toothpaste. The recommended amount of time for tooth brushing is two minutes each time for two times a day 4a1929ce2f

Toothbrushes are available in different bristle textures, sizes, and forms. Most dentists recommend using soft-bristled toothbrushes, as harder ones may damage tooth enamel or irritate the gums. 4a1929ce2f Sometimes white or straight teeth are associated with oral hygiene. However, a hygienic mouth can have stained teeth or crooked teeth. To improve... 4a1929ce2f

Teeth cleaning This may be done with dental floss or interdental Teeth cleaning is part of oral hygiene and involves the removal of dental plaque from teeth with the intention of preventing cavities (dental caries), gingivitis, and periodontal disease. addition to brushing, cleaning between teeth may help to prevent build-up of plaque bacteria on the teeth 4a1929ce2f

Dental plaque It is commonly found between the teeth, on the front of teeth, behind teeth, on chewing surfaces, along the gumline (supragingival), or below the gumline cervical margins (subgingival). It is a sticky colorless deposit at first, but when it forms tartar, it is often brown or pale yellow. Bacterial plaque is one of the major causes for dental decay and gum disease. Dental plaque is also known as microbial plaque, oral biofilm, dental biofilm, dental plaque biofilm, and bacterial plaque biofilm. It has been observed that differences in the composition of dental plaque microbiota exist between men and women, particularly in the presence of periodontitis. achieved with correct daily or twice-daily tooth brushing and

use of interdental aids such as dental floss and interdental brushes. Oral hygiene is important Dental plaque is a biofilm of microorganisms (mostly bacteria, but also fungi) that grows on surfaces within the mouth

== History == Professional tooth cleaning refers to treatment that is conducted by dental professionals like the dental hygienist, therapist, and dentist. Processes like scaling and prophylaxis aim to remove plaque, calculus, and stain that cannot be removed through routine home care. Home care teeth cleaning refers to the daily oral hygiene habits practised by patients. It can be performed by tooth brushing and interdental cleaning, to disrupt the maturation of dental plaque to calculus (tartar).

Dental floss Its regular use as part of oral cleaning is intended to maintain oral health. day before or after brushing to reach the areas that the brush will not and allow the fluoride from the toothpaste to reach between the teeth. Floss is Dental floss is a cord of thin filaments, typically made of nylon or silk, used in interdental cleaning to remove food and dental plaque from between teeth or places a toothbrush has difficulty reaching or is unable to reach

Gingivitis Most forms of gingivitis are plaque-induced. The most common form of gingivitis, and the most common form of periodontal disease, is in response to bacterial biofilms (also called plaque) that are attached to tooth surfaces, termed plaque-induced gingivitis. Bright red gums Gums that are tender or painful to the touch Bleeding gums or bleeding after brushing and/or flossing Bad breath (halitosis) Additionally Gingivitis, also known as ulitis, is a non-destructive disease that causes inflammation of the gums

People routinely clean their own teeth by brushing and interdental cleaning, and dental hygienists can remove hardened deposits (tartar) not removed by routine cleaning. Those with dentures and natural teeth may supplement their cleaning with a denture cleaner. Progression and build-up of dental plaque can give rise to tooth decay, and periodontal problems. Hence it is important to disrupt the mass of bacteria and remove it. Tooth decay is the localized destruction of the tissues of the tooth by acid produced from the bacterial degradation of fermentable sugar. Common periodontal problems include gingivitis and periodontitis. Plaque control and removal can be achieved with correct... General guidelines for adults suggest brushing at least twice a day with a fluoridated toothpaste: brushing before going to sleep at night and after breakfast in the morning. Cleaning between the teeth is called interdental cleaning and is as important as tooth brushing. This is because a toothbrush cannot reach between the teeth and therefore only removes about 50% of plaque from the surface of the teeth. There are many tools available for interdental cleaning which include floss, tape and interdental brushes; it is up to each

individual to choose which tool they prefer to use. Floss joined the NSDAP in 1930, the SA in 1931, and the SS in 1935. He served at Sobibor from its establishment in April 1942 until the uprising on 14 October 1943. Before entering service in Sobibor, Floss was stationed in Buchenwald and several euthanasia centres. In the early period of Sobibor, Floss was the acting commander for a few weeks until he was succeeded by Gustav Wagner. Before the victims went into the gas chambers, he took their last possessions from them. According to Erich Fuchs, Floss participated in the trial gassing of several dozen Jewish women at Sobibor. Floss == Brushing, scrubbing and flossing == Fellow Treblinka SS officer Heinrich Matthes described this period: "Floss arrived at this time [November 1942], who, so I presume, must previously have been in another camp. He then had the installation built for burning the corpses. The incineration was carried out by placing railroad rails on blocks of concrete. The corpses..."

Herbert Floss Herbert Floss or Herbert Floß (25 August 1912 – 22 October 1943) was an SS functionary of Nazi Germany who served as acting commander of the Sobibor extermination camp. Herbert Floss or Herbert Floß (25 August 1912 – 22 October 1943) was an SS functionary of Nazi Germany who served as acting commander of the Sobibor extermination camp during the Holocaust in Poland. He also served as cremation expert in Camp II Totenlager at the Treblinka extermination camp.

== Causes == A regular, non-deep teeth cleaning includes tooth scaling, tooth polishing, and debridement if too much tartar has accumulated, but does not include root planing. == Signs and symptoms ==

Scaling and root planing effective one's brushing, flossing, and other oral homecare practices, the less plaque will accumulate on the teeth. It is a part of non-surgical periodontal therapy. This helps to establish a periodontium that is in remission of periodontal disease. However, if, after 24 hours in the Scaling and root planing, also known as conventional periodontal therapy, non-surgical periodontal therapy or deep cleaning, is a procedure involving removal of dental plaque and calculus (scaling or debridement) and then smoothing, or planing, of the (exposed) surfaces of the roots, removing cementum or dentine that is impregnated with calculus, toxins, or microorganisms, the agents that cause inflammation. Periodontal scalers and periodontal curettes are some of the tools involved.

Although gingivitis does not always progress to periodontitis, periodontitis is always preceded by gingivitis. == History ==

Toothbrush Brushing, Interdental Brushes (IDBs) are More Effective in Removing Plaque as Compared with Brushing Alone or the Combination Use of Tooth Brushing and A toothbrush is a special type of brush used to clean the teeth, gums, and tongue. They should be used in conjunction with tools

that clean between the teeth—where toothbrush bristles cannot reach—such as floss, tape, interdental brushes or toothpicks. It consists of a head of tightly clustered bristles, onto which toothpaste is applied, mounted on a handle that facilitates cleaning hard-to-reach areas of the mouth
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Gingivitis is reversible with good oral hygiene; however, without treatment, gingivitis can progress to periodontitis, in which the inflammation of the gums results in tissue destruction and bone resorption around the teeth. Periodontitis can ultimately lead to tooth loss. 4a1929ce2f Since many common toothpaste ingredients are harmful if swallowed in large amounts, toothpaste should be spat out. Brushing teeth is most often done at a sink in a bathroom or kitchen, where the toothbrush is rinsed afterwards to remove any debris remaining and then dried to reduce conditions ideal for bacterial growth (and, if it is a wooden toothbrush, mold as well). 4a1929ce2f There are many possible causes of gingival bleeding. The main cause of gingival bleeding is the formation and accumulation of plaque at the gum line due to improper brushing and flossing of teeth. The hardened form of plaque is calculus. An advanced form of gingivitis as a result of formation of plaque is periodontitis. Other conditions associated with gingival bleeding include: 4a1929ce2f Some toothbrushes have plant-based handles, often made of bamboo. However, most are made of cheap plastic; such brushes constitute a significant source of pollution. Over 1 billion toothbrushes are discarded into landfills... 4a1929ce2f

Bleeding on probing BoP is a sign of periodontal inflammation and indicates some sort of destruction and erosion to the lining of the sulcus or the ulceration of sulcular epithelium. The blood comes from lamina propria after the ulceration of the lining. Flossing twice a day can prevent the building up of Bleeding on probing (BoP) which is also known as bleeding gums or gingival bleeding is a term used by dentists and dental hygienists when referring to bleeding that is induced by gentle manipulation of the tissue at the depth of the gingival sulcus, or interface between the gingiva and a tooth. leaving under hot running water (very hot) before brushing every time, followed by gentle brushing. BoP seems to be correlated with Periodontal Inflamed Surface Area (PISA) 4a1929ce2f

== Plaque == 4a1929ce2f Use of floss is recommended to prevent gingivitis and the build-up of plaque. The American Dental Association claims that up to 80% of plaque can be removed by flossing, and it may confer a particular benefit in individuals with orthodontic devices. However, empirical scientific evidence demonstrating the clinical benefit of flossing as an adjunct to routine tooth brushing alone remains limited. 4a1929ce2f

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