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DENTAL PRACTICE











# Top 10 Tips

For Oral Hygiene during  
**CORONAVIRUS (COVID-19)**



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Given the current situation we have all across the globe, it's normal to feel anxious, even scared. It's understandable that priorities before the pandemic have diminished. However, it is no subject for argument that our health should remain a priority. In light of the current pandemic, here are simple steps to follow for better oral health care:

-  **1. Use proper materials-** use fluoride toothpaste and a soft-bristled toothbrush.
-  **2. Practice good strategy-** hold your toothbrush at a slight angle and gently brush with circular short back-and-forth motions. Don't brush too hard! You don't want bleeding gums, do you?
-  **3. Don't rush-** when you brush, don't rush! Brush your teeth for about two minutes to ensure thorough results.
-  **4. Don't forget the tongue-** the teeth isn't the only thing used when eating. Your mouth harbours bacteria as well. Use your toothbrush or a tongue scraper to clean your tongue.
-  **5. Keep materials clean-** don't forget to rinse your toothbrush. There are things we need to share to others during this pandemic, but your toothbrush is not one of them. Letting others use your toothbrush is a big no-no.
-  **6. Know when to replace your toothbrush-** we don't want to be caught stuck on something that's no longer healthy for us, do we? So invest on better things, and invest in a new toothbrush as soon as the bristles become irregular.
-  **7. Flossing is just as important-** just like brushing, flossing is also an important part of keeping our oral hygiene in check. Flossing once a day is usually enough.
-  **8. Mouthwash has a lot of benefits-** mouthwash helps clean hard-to-brush areas around the gums and it also re-mineralizes the teeth.
-  **9. Avoid sweets and acidic foods-** too much sweetness is just not good. Sugar converts into acid in the mouth which can wear down the enamel of your teeth. Acidic fruits, coffee, and teas can also erode tooth enamel.
-  **10. Stay hydrated-** in keeping our body healthy, including our oral health—water is our best friend. Drinking water after every meal does not only hydrate our body but it also helps wash out some of the negative effects of acidic and sticky foods.

At times like these when resources are limited or hard to get our hands on, go back to the basics. Basics may be basic, but constant and continuous application can make a huge difference.