



A Guide To Oral Hygiene.





What Is a Hygienist?

- ★ A hygienist is a qualified dental professional.
- ★ Legally governed and registered by The General Dental Council.
- ★ Only able to work under the written prescription of a qualified and registered dentist.



Legally Permitted Duties of the Hygienist Are....



- ★ Oral hygiene instruction and information.
- ★ Cleaning and polishing teeth.
- ★ Scaling teeth - removal of deposits and staining above and just below the surface of the free gingiva.
- ★ Root debridement.
- ★ Application of medicaments.



Further Duties of the Hygienist...



- ★ Rubber dam placement.
- ★ Fissure sealants.
- ★ Local infiltration anaesthetic.
- ★ Inferior dental nerve block injection.
- ★ Radiography.
- ★ Temporary dressings.
- ★ Temporary cementing of crowns.
- ★ Impressions.



Role of the Hygienist in Cheltenham General Hospital.

★ Oral Maxillary Facial and Orthodontic Department.

★ Work under the prescription of;

★ 5 Consultants;

Mr Harrison, Max Fax.

Mr Godden, Max Fax.

Mr Perkins, Max Fax.

Mr Dickson, ortho.

Mrs Macey-Dare, ortho.

★ 1 Registrar.

★ 6 Senior house officers.



Hygiene Work Involving Patient With...



★ Facial trauma,



★ Cancer,



★ Wisdom teeth
problems,

★ Saliva gland
problems,

★ Orthognathic
surgery,

★ Orthodontics.



Treatment Undertaken in Hospital for Ortho Patients.

★ Pre treatment,

- ★ Indices, disclosing, Scaling etc.
- ★ Oral hygiene instruction, home disclosing, tooth brushing and interdental aids .

★ During treatment,

- ★ Modified tooth brushing technique.
- ★ Diet advice, reduction in sugar and acid intake.

★ Post treatment,

- ★ Debonding, continued good oral hygiene.



Treatment Undertaken in Hospital for Oncology and Max Fax Surgery Patients.



- ★ **Pre treatment,**
- ★ General information and expectations for surgery/treatment.
- ★ Dietary advice, reduction in sugar and acid intake.
- ★ Smoking cessation.
- ★ Indices and Scaling.
- ★ Oral hygiene instruction.



Treatment Undertaken in Hospital for Oncology and Max Fax Surgery Patients.

★ During treatment.

- ★ If patient is finding it hard to clean, due to mucositis, scaling or simple swabbing of mouth with corsodyl.
- ★ Advice on;
- ★ Oral hygiene-soft tooth brush.
- ★ Mouthwashes-alcohol free.
- ★ Dry mouth-sodium laurel sulphate free toothpaste.(foaming agent.)



Treatment Undertaken in Hospital for Oncology and Max Fax Surgery Patients.

★ Post treatment.

- ★ General information about changes in oral cavity;
- ★ Mucositis,
- ★ Reduction in saliva flow,
- ★ Loss of taste,
- ★ Loss of speech,
- ★ Changes in oral flora,
- ★ Periodontal disease,
- ★ Tooth sensitivity,
- ★ Dental pain and trismus.



A Guide to Oral Hygiene for ENT Patients.

- ★ Many of the patients staying in the ENT department may be able to brush their own teeth, but may not know or be able to applying the correct technique for effective oral hygiene.
- ★ Here is a guide for nurses to apply if and when patients need assistance.



Types of Toothbrushes.

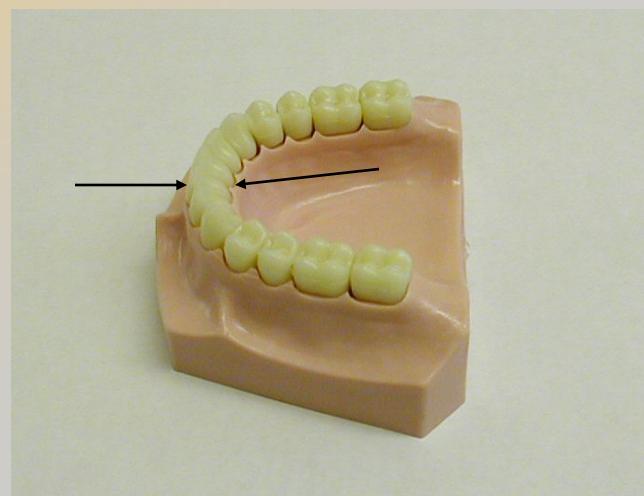
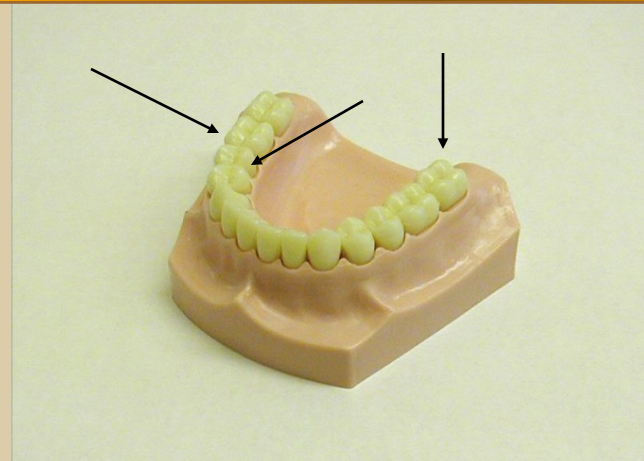
- ★ There are two main types of toothbrushes patients will come in with;
- ★ 1) The manual toothbrush. (ideally small headed, medium nylon bristles)
- ★ 2) Or the electric/battery operated toothbrush.
- ★ The technique for brushing teeth with these different brushes are slightly different.





Simple Instructions for the Patient.

- ★ Good to remind the patient that a tooth has 5 different sides which all need cleaning to make oral hygiene effective.
- ★ 1) Outside or buccal,
- ★ 2) Inside lingual or palatal,
- ★ 3) Top or occlusal,
- ★ 4) Front or mesia,
- ★ 5) And back or distal.





Toothbrush Technique With Manual Brush.(Bass Technique)

- ★ Toothbrush should be placed where the tooth and gum meet. Start on the outside surface of teeth.
- ★ The toothbrush should be placed at a 45 degree angle towards the gums.
- ★ Little backwards and forwards motion should be used, cleaning 2-3 teeth at a time.
- ★ Slowly moving round mouth until full arch has been cleaned.





Toothbrush Technique With Manual Brush.

- ★ Once the outside of the teeth have been cleaned then go on to the inside of the teeth using the same angulations and technique.
- ★ Then finally the tops of the teeth, can be cleaned just using the backwards and forwards motion.
- ★ Once the lower teeth have been cleaned the same technique should be applied to the upper teeth.





Toothbrush Technique With Electric/battery Brush.

- ★ Use same placement and angulations as with manual toothbrush, but instead of backwards and forward motion each tooth should have the brush placed on it for 3-4 seconds and then move on to the next, as shown.
- ★ Again start on the outer surface of the teeth.





Toothbrush Technique With Electric/battery Brush.

- ★ Once the outside of the teeth have been cleaned then go on to the inside of the teeth using the same angulations and technique.
- ★ Then finally the tops of the teeth.
- ★ Once the lower teeth have been cleaned the same technique should be applied to the upper teeth.





Other Good Oral Hygiene Aids Which Should Be Encouraged Are..

- ★ **Interdental brushes** are a effective way of removing bacteria between the patient teeth with a variety of sizes to suite the patients needs.
- ★ They also help to reduce bad breath for the patient especially if they suffer from dry mouth.
- ★ They are easier to use than floss especially for patients with poor manual dexterity.
- ★ Are economical as can be used again and again.





Other Good Oral Hygiene Aids Which Should Be Encouraged Are..

- ★ Daily **tongue cleaning** is also recommended to remove bacteria from surface of tongue which will also help to reduce bad breath.
- ★ This can be done by;
- ★ 1) Brushing the tongue with a toothbrush,
- ★ 2) Or by using a tongue scraper as shown here.





Other Good Oral Hygiene Aids Which Should Be Encouraged Are..

- ★ The most commonly used **mouthwashes** are Corsodyl and Eludril.
- ★ These are anti bacterial and anti inflammatory.
- ★ They should only be used for a short period of time. One month.
- ★ Scaling or polishing by dentist or hygienist may be needed to remove staining, post use.





Helpful Products for Dry Mouth/oncology Patients.

- ★ Oncology patients often suffer from dry mouth and there are various products available which can help with the symptoms of this.
- ★ One of the ranges is Biotene and Oral balance.





Helpful Products for Dry Mouth/oncology Patients.

- ★ They produce a range of products which include;
- ★ Sugar free dry mouth gum,
- ★ SLS free dry mouth toothpaste with fluoride,
- ★ Soft toothbrushes,
- ★ Alcohol free mouthwash,
- ★ And a saliva substitute.
- ★ Along with the leaflets shown earlier.





Summary.

- ★ By being aware of the problems the patient may encounter throughout treatment and being able to advise the patient quickly and effectively how best to look after their own mouths, the ENT nurse may be able to ease some of the discomfort the patient may find with oral surgery treatment or radio-therapy.
- ★ Even though oral hygiene is not a huge part of the ENT nurses daily routine every little helps.
- ★ A healthy mouth is a happy mouth.



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Any Questions ?

