

The background of the image shows various dental hygiene products arranged on a brown surface. On the left, there are two white flossers and a white container. In the center, there are two toothbrushes, one with a blue handle and one with a pink handle. On the right, there is a large bottle of blue mouthwash with a white cap.

Dental Hygiene Homecare Routine

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Objectives

1. List the correct order of a homecare routine.
 2. Differentiate between the types of brushing techniques.
 3. Determine if a manual toothbrush or electric toothbrush removes plaque more efficiently.
 4. Categorize foods as healthy or unhealthy.
 5. Support the use of dental homecare products recommended by healthcare professionals as part of a comprehensive oral care routine
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The Correct Order for Your Oral Hygiene Routine

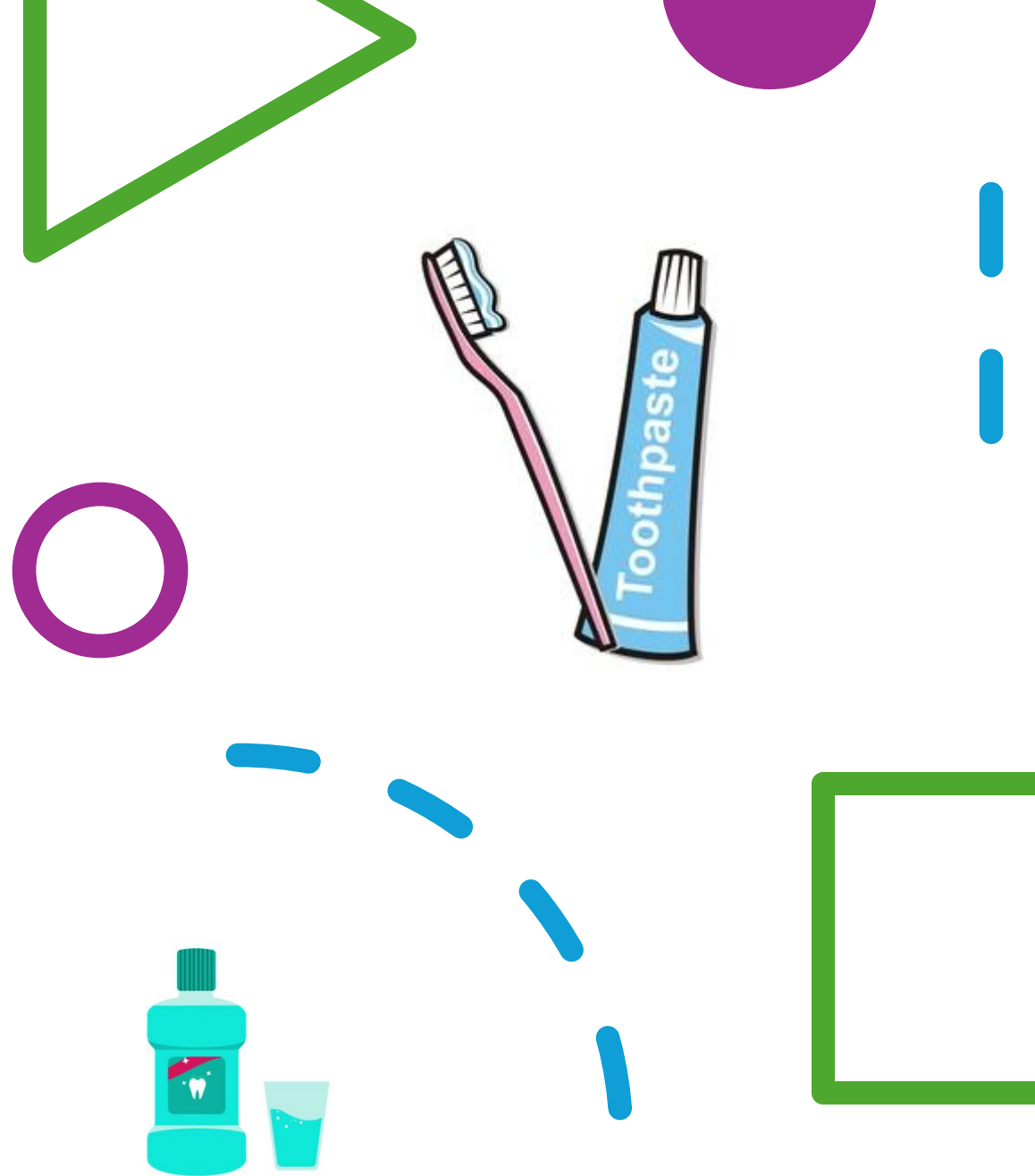
1. Floss

2. Water Flosser

3. Tongue Scraper

4. Brush

5. Mouthrinse



Types of Brushing Techniques

Fones

- Circular motions
- Children
- Motor difficulties

Bass

- 45 degrees
- Helps clean underneath the gums

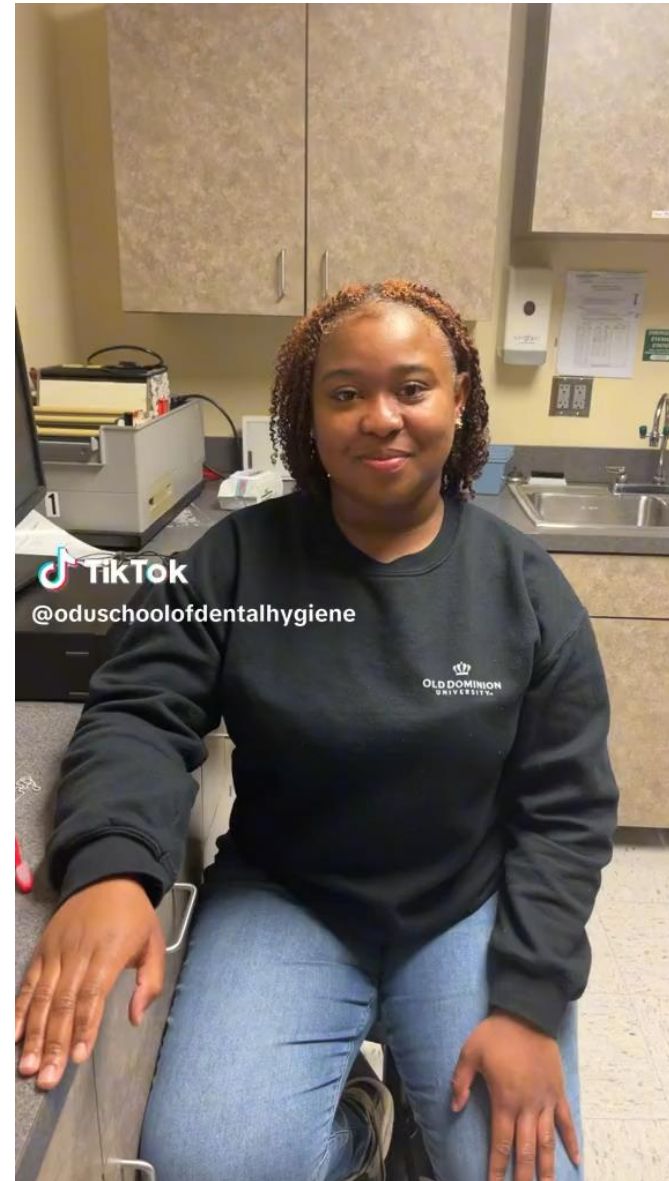
Stillman's

- Gum stimulation
- Gingival recession

Charter's

- 45 degrees
- Braces
- Fixed appliances

Brushing Techniques Video Demonstration!



Manual Toothbrushes

- Less plaque efficient
- Soft, medium, hard
- Affordable!
- Easy to use
- No charging or batteries
- Replace every 3 months



Electric Toothbrushes

- Reduces plaque and gingivitis
- Pressure sensor
- 2-minute timer
- Hard to reach surfaces
- Sonicare vs. Oral B
- Different brush heads
- Alert to change brush head
- More strokes per minute



Oral B and Sonicare Video

- <https://www.youtube.com/shorts/9iAmUBmTs1k?feature=share>

Healthy Foods for Oral Health

- Fruits
- Vegetables
- Seafood
- Nuts
- Whole grains



Unhealthy Foods

- Sweets
- Fast food
- Sugary drinks
- Processed Foods





Homecare Products Recommended by Healthcare Professionals

- Toothpaste- Sensodyne, CariFree
 - Mouthrinse- Listerine Total Care, Act, Closys, Chlorohexadine
 - Electric toothbrushes- Sonicare, Oral B
 - Metal tongue scraper
 - Floss- string floss, Coco floss, floss picks
 - Products containing fluoride- toothpaste, mouthrinse, floss
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Summary

- Many steps to a hygiene homecare routine
 - Use this knowledge learned today for your own homecare routine
 - Eat healthy foods to reduce cavities
 - Unhealthy foods are high in sugar
 - Electric toothbrushes > manual toothbrushes
 - Several brushing methods depending on the patient
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Critical Thinking Case

- **Case:** Imagine you are a dental hygienist, and you have a patient that looks like the picture from the beginning of our lecture. The patient is very insecure about their teeth and states they haven't been to the dentist in 10 years. The patient said to you "my gums hurt when I brush, and floss and I don't know what order to perform my homecare routine." It is your job to give this patient valuable oral hygiene instructions.
- 1. Look at the picture of the patients gums and teeth. Do they look healthy? What are some homecare items that might help and what order should they be used?
- 2. What type of toothbrush would be best for this patient?
- 3. What brushing technique would best benefit this patient?
- 4. This patient has a history of cavities. What healthy foods could you recommend that are high in protein and nutrition?

Question #1

- **Objective #1:** List the correct order of a homecare routine.
- **Test Item #1:** Which of the following answer choices lists the correct order of a hygiene homecare routine?
 - a. mouthrinse, floss, brush, water flosser, tongue scraper
 - b. floss, brush, mouthrinse, water flosser, tongue scraper
 - c. floss, water flosser, tongue scraper, brush, mouthrinse
 - d. brush, floss, tongue scraper, mouthrinse, water flosser

Question #2

- **Objective #2:** Differentiate between the types of brushing techniques.
- **Test Item #2:** Which of the following is not considered one of the brushing techniques?
 - a. Fones technique
 - b. Charter's technique
 - c. Stillman's technique
 - d. Wave sweep technique

Question #3

- **Objective #3:** Determine if a manual toothbrush or electric toothbrush removes plaque more efficiently.
- **Test Item #3:** Which of the following statements is most likely true describing a characteristic of an electric toothbrush?
 - - a. Removes plaque more efficiently than a manual toothbrush
 - b. Causes recession
 - c. Never have to replace the brush head
 - d. Very affordable

Question #4

- **Objective #4:** Categorize foods as healthy or unhealthy.
- **Test Item #4:** In one paragraph (3-4 sentences), explain the difference between healthy and unhealthy foods. Give three examples of healthy and unhealthy foods and why they fall into each category.

Question #5

- **Objective #5.** Suggest homecare products recommended by dental healthcare professionals.
- **Test Item #5:** There were many homecare items we discussed during lecture that are recommended by dental healthcare professionals. List the two homecare items you think are most important and the benefits they provide. Explain your answer in 3-4 sentences.



Thank you!!

