

Short Communication

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Oral Care in Pandemic

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Use of Medical or surgical or Fabric Mask. Cover your nose and mouth with piece of cloth or scarf if you don't find mask Daily shower with germicidal soap especially when you coming from work or outside. Use hand sanitizer after every 30 minutes.

Use hand gloves and keep changing after every 2 hours. Hand wash with germicidal after every hour. Spray germicidal on all over the body including laptop bag, mobile phone, shoes (especially sole), Daily brush your teeth twice in a day, before going to bed and after breakfast, in my experience I found electronic brush will remove better plaque than manual, brush at least 2 minutes with fluoridated tooth paste so better you use it. You need to change tooth brush or head of electronic tooth brush before three month ends otherwise you will damage your gums teeth. If you become ill or you share your washroom with any infected person, need to disinfect tooth brush before every use.

How? You can put it in the boiling water for 3 minutes or keep your brush under hot water for 5 minutes or use any disinfectant which will not harm human health. Using of mouth wash will boost up oral health, antiseptic will give you better result in this pandemic. In order to avoid harm your gums minimum use of toothpick is recommended. Self-oral examination in every two weeks (decay, cavity, tartar, swelling, redness of gums, gum bleeding, tooth ache, bad smell). Don't forget to scrape your tongue surface with tongue scraper, now a days most of the companies are producing built-in tongue scraper on the back side of tooth brush and separate too, because this is the most favorite place of Microorganism to stay.

Floss your interdental space twice in a day specially after eating meat.

You need more attention if you have Implant or braces in your mouth, because these are foreign object and this is best place where bacterial colonies start growing so be caring full and follow your Dentist's instruction about cleaning.

Healthy food Vitamin C, Multi vitamins, Calcium, Drink plenty of warm water, Anti allergic, Healthy food, Dry and fresh fruit, Steam. Dentist always advise you to have less carbohydrates and sugar consumption in between meals in a day.

Carbohydrate in simple form means, pastas and cereals, these convert to sugar really very quickly in the oral cavity so I must say these are the causative agent of cavity production. I prefer to ask you to eat more fresh and crunchy vegetables, with your

favorite flavor with every meal. Drinking more water will reduce acidity from all over your body. Fluoridated water is preferable. Drinking water with fluoride means, boost up your saliva with fluoride, which will prevent decay process all the time.

Please don't allow your children to drink sugar containing drinks all the day and specially in between the every meal. Have you ever noticed that one can of soft drink contain 10 or more teaspoons of sugar in it that means you are putting your oral health at risk? So please try to have fresh juice but yes don't forget to rinse your mouth with simple water after every sugary drink and food.

This is very important for front line worker to keep themselves safe and healthy but if you are closing dental practices during the pandemic can reduce the number of affected individuals for sure, but in other hand this will increase the suffering of the individuals in need of urgent dental care as well. Definitely it will also increase the burden on hospitals emergency departments so with maximum precautions you can deal with emergencies at your private practice by appointing only one patient at the time.

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