

PROPHYLAXIS OF TEETH AND ORAL CAVITY DISEASES

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Abstract:

This article provides a general understanding of oral hygiene and general rules for oral hygiene. A number of recommendations for proper dental care and disease prevention are also given.

Keywords: stomatology, pathogen, tissue disease, irrigator, tooth enamel.

INTRODUCTION. Stomatology is a part of medical science, "**stoma**" means cavity, mouth, "**logos**" study. Today's dental science studies the oral cavity, teeth, maxillofacial bones and system, all the organs close to it, prevents, treats and rehabilitates diseases occurring in them. Chewing apparatus, speech apparatus, soft tissues around it, jaw bones and muscles that move the jaws play an important role in the healthy growth of children[4]. This complex of organs is a small part of the child's body, and it performs several important tasks in the life of the organism: it bites off food and grinds it.

These functions activate the secretion of saliva and gastric juice. Facilitates digestion. In addition, dental organs take an active part in breathing, drinking and swallowing liquids by sucking or sipping, and in correct pronunciation of words (speech).

Professional oral hygiene is a set of procedures aimed at improving the organs and tissues of the oral cavity, preventing the onset and development of dental diseases. More than 65% of the adult population suffers from periodontal disease and almost everyone has caries. Professional oral hygiene consists of removing soft dental plaque and calculus[5].



Figure 1. Pictures used for dental treatment

This procedure is performed by a dentist and is the most important and integral part of dental work.

LITERATURE ANALYSIS: Implementation of a set of measures aimed at the formation of a healthy lifestyle among the citizens of the Republic of Uzbekistan has activated the development of the



preventive direction in medicine, in particular, in dentistry. Prevention of dental diseases has been proven to be one of the effective ways to reduce the prevalence of major dental diseases (Khamadeyeva AM, 2010; Leontiyev V.K., Pakhomov G.N., Kuzmina E.M., Leus pA). In all developed countries of the world, preventive work is carried out by special staff with secondary medical education - dental hygienist (Shevchenko OV, 2012).

During the implementation of preventive programs, dental diseases decreased by 2-4 times, and the KPU index in 12-year-old children does not exceed 1.0-2.0 (Axelsson R., 2014). The most effective work of a dental hygienist is in organized children's groups, because the group methods that he conducts in the prevention of dental diseases cover the population the most[6]. At the same time, the specific functional tasks of the dental hygienist working in children's groups and his interaction with the dentist have not been developed to date. The potential efficiency of the hygienist's work, the scope of his duties and responsibilities in the school dental office (MSK) were determined (Khoshchevskaya IA, Kiselnikova LP, etc., 2012; Zadayeva SV,). The analysis of existing literature sources and the current situation of the organization of dental services in Uzbekistan in modern conditions show that the problem of the specialization and role of the dental hygienist is urgent and needs to be developed[7]

MAIN PART: Professional dental cleaning is performed before therapeutic, orthopedic, surgical and orthodontic procedures. Normalizing oral care helps heal gums, stops bleeding and bad breath. Professional oral hygiene should be performed every six months, and in some cases every 3-4 months, because no matter how hard a person tries, plaque and tartar cannot be completely removed. Only special equipment, trowels, brushes, pastes and other devices can completely solve this problem.

The sequence of this is as follows: first, tartar is removed, then pigmented plaque, the surfaces of the teeth are polished with special pastes, and the teeth are varnished. Teeth and dental deposits are removed in several ways: manually and with the help of special equipment. To date, the most effective method of removing tartar is the use of an ultrasound device. Stone removal using an ultrasonic scaler is a painless, non-traumatic procedure that does not damage tooth enamel[8]. The ultrasonic scaler creates vibrating movements, which cause the tartar to vibrate.

Today, among most specialists, the interest in carefully studying the laws of growth and development

in the face-jaw part of the skull is growing more and more. The knowledge gained as a result of this serves as an important factor in predicting anomalies and deformations of this area, their early prevention or treatment[9].

Scientific observations of scientists show that a two-year-old child can grow up to 75%, and up to 85% at the age of nine. Such an intensive process ensures that we create the necessary conditions for the normal growth and development of the bodies of this sector in time. Therefore, not only dentists, but also pediatricians, and even parents should have basic knowledge about the growth and development of teeth and jaws.

The development of teeth is a complex process that starts from the earliest period of fetal development and can continue until the age of 18-20, in some cases, even up to 25 years of age. We can study this complex process conditionally by dividing it into several periods[10].

period - from the time of the child's birth to the period of 6-7 months. During this period, milk teeth have not yet erupted, and they are located in the form of a mullet in the jaw bones. These mullaks begin to form on the 40-45th day of embryo formation.

period - lasts from the period of 6-7 months until the age of 6-7 years. During this period, 20 milk teeth erupt in a certain order. This period can be conditionally divided into 3 stages: the first stage is with the eruption of milk teeth (from the age of 6-7 months to the age of 2.5-3 years).

2-3 years, all 20 milk teeth have erupted, and accordingly, the shape of the dental arches has a completely anatomical (semi-circular) shape. During this period, no teeth erupt, and the shape of the dental arches remains almost unchanged.

In the third stage, the upper and lower frontal (front) interdental fissures begin to form, and the surface of the gum area on the distal (back) side of the last jaw teeth (second milk molars) becomes longer. Such changes are a sign of the imminent eruption of permanent frontal teeth and first molars.

period - includes the time from when the child is 6 years old to 12-13 years old. This period is also conventionally divided into 2 stages: in the first stage, the permanent shovel (frontal) and the first molars erupt; and in the second stage, first the first, then the second premolars, and then the molars erupt[11].

period - by this time (age 12-13), all permanent teeth except the third molars have erupted, and the number of molars reaches 28. By the age of 17 - 25, the third permanent molars (wisdom teeth) may erupt.



DISCUSSION AND RESULTS: Teeth are made up of hard and soft tissue. The hard tissue of the tooth consists of layers of enamel, dentine, and cementum.

Enamel is the outermost shell of the tooth crown. Permanent teeth are more mineralized than milk teeth. Enamel protects the internal tissues of the tooth from various external influences. Tooth enamel has been found to be as hard as diamond or steel. This tissue is the hardest element in the human body.

Dentin forms the basis of the hard part of the tooth and is equal to bone in hardness. Dentin contains 72 % of inorganic substances, so it is looser than enamel. It is under enamel in the crown part of the tooth, and under the cement shell in the root part. Cementum covers the dentin layer in the root part of the tooth. It is also a tissue close to bone in terms of hardness.

In the tooth crown and root parts, there is a tooth cavity and root canals, which are considered its continuation. The tip of the root canals opens into the bottom of the bone cells in the jaws. In the cavity and canals of the tooth, there are blood vessels, nerve fibers and connective tissue and other tissues that feed the tooth, which is generally called the dental pulp. This inflammation of the pulp is called pulpitis.

The outer shell of the tooth root is limited to the cementum by special ligaments. This bundle of tissues called periodontium. The inflammatory process in the periodontal tissue is called periodontitis.

The periodontium consists of fibrous tissue, the thickness of which is 0.15-0.25 mm. is equal to, it keeps the teeth in the cells - the alveolus, as well as the strong pressure on the teeth during cutting and chewing food makes the jawbone lighter, weaker, and less painful for the jawbone (that is, it acts as a shock absorber).

and masticators based on their functions. Front teeth are called incisors or frontal teeth, and side teeth (jaw teeth) are called chewing teeth. Three of the 6 incisors in each jaw are located on the right and three on the left in relation to the central line drawn vertically from the middle of the face. The teeth in the next row are called pile teeth. All teeth located after the molars in the upper and lower jaw are included in the molars.

Are different depending on the function of the crown. *For example*, the shape of the crown of incisor teeth is flat, needle-like or spade-shaped, those of molar teeth are sharp-edged blades, and those of maxillary (chewing) teeth are fat, that is, barrel-shaped.

A question arises here. Professional oral hygiene: what is it? It can be said that it is a complex of various methods, activities aimed at removing deposits on the surface of teeth and gums. Special tools and devices are used for professional oral hygiene. The procedure is performed by a hygienist who uses professional toothbrushes that use brushes of different hardness and different lengths, ultrasonic and combined equipment, irrigators, therapeutic ointments, and special **abrasive cleaning agents** for mechanical cleaning of the oral cavity.

It can also be said that dental procedures cannot be performed without professional cleaning of the work and gums. Removing dental plaque is a means of preventing periodontal disease. Tooth enamel is necessary for him enriched with mineral components. Urgent foci are visible during cleaning of the surface of the teeth, which allows to start treatment of the disease in time. Professional cleaning allows you to accurately determine the color of tooth enamel, which is very important for prosthetics or restoration.

Professional oral hygiene methods and tools let's give information about. Before performing the manipulations, the oral cavity is washed with a special antiseptic solution. The entire procedure, including local anesthesia, is performed using a spray, gel, or injection form. Dental plaque is removed manually or with the help of a device. A special painless and safe system is used to remove dental plaque. To remove the soft layers on the tooth, the specialist uses special abrasive plates and scrapers. Previously, this was the only way to get rid of soft tissue stones and adhesions. Currently, manual manipulation is carried out in places where it is impossible to clean with the help of devices.

In turn, experts have given instructions against professional oral hygiene. Not all patients are indicated for these procedures. Hygienic cleaning is not carried out. After the occupational hygiene of the oral cavity, the doctor will introduce the rules of oral cavity care and the basics of finger massage, help you to choose.

Beautiful teeth create an attractive smile. But inadequate oral hygiene can lead to toothache, caries, tooth decay and tooth loss. Careful attention is the key to health and a healthy life. By following the basic rules, you will spend less time in the dentist's chair and save your budget for dental treatment. To do this, it is enough to perform a daily ritual to clean the teeth, the surface of the tongue and massage the gums. There are other recommendations that have a beneficial effect on the result.



Useful information for everyone about 12 general rules of oral hygiene.

Specialists advise on keeping the teeth and jaw system healthy. Compliance with them is direct. In order for your smile to always be fresh, beautiful and attractive, these simple methods should be constantly included in your life:

1. An unbalanced diet leads to tooth decay, which requires an adequate supply of calcium and other minerals. Form a diet that includes dairy products, broccoli, orange juice, whole grains and leafy green vegetables. Take a multivitamin containing vitamins D, B, copper, zinc, iodine, iron, potassium.

2. Change the bristles (toothbrush head) every 3-4 months to prevent the growth of bacteria under the bristles. You provide competent dental care while strictly following the rules of oral hygiene. During the time allocated for this, the efficiency of dental instruments remains high. Many dentists recommend electric toothbrushes because they clean faster, more thoroughly, and are also suitable for gums that need your attention.

3. Prevention and hygiene are good if you brush your teeth twice a day. This rule cannot be ignored. The process takes 2-3 minutes and the up and down motion is the best way to get plaque, after eating, between teeth and in hard-to-reach places.

4. Oral hygiene is impossible without treatment of gums and tongue. It prevents periodontal disease, reduces the risk of bleeding from the mucous membrane, gets rid of bad breath bacteria accumulated in the mouth. Many bacteria live in soft tissues, so gum hygiene is a systematic step towards good health.

5. Not a new rule - if you want to keep the enamel white, get rid of cigarettes. Tobacco causes premature aging of the oral cavity tissues, the hygiene of the smoker's teeth is significantly affected. In addition, it is one of the causes of cancer. Smoking stains teeth and prevents bad breath from entering the body. To mask the smell, people often use sweets, coffee, strong tea, which also has a harmful effect on the whiteness of the lines[12]. Find a dentist you can trust to evaluate and correct dental hygiene issues. Do not be afraid of pain and discomfort. Hygienic cleaning of teeth with modern methods does not cause discomfort.

6. Professional dental hygiene should be performed 1-2 times a year. The doctor examines the symptoms of the disease (periodontitis, gingivitis, caries, pulpitis), neutralizes them. Hygienic cleaning will keep your teeth healthy for a long time.

7. Oral hygiene performed with a brush does not always fulfill its tasks completely. To process complex areas, special tools are used, which you need to purchase after consulting a specialist. Preventive oral hygiene is performed at home using floss, brushes, and rinses.

8. Use mouthwash. It freshens breath and helps prevent gum disease. Dental and oral hygiene is carried out with liquid containing listerine or chlorine dioxide aimed at destroying harmful bacteria. Also, oral hygiene products contain fluoride to maintain the enamel structure.

9. Use straws for drinks. It may sound strange, but additional oral hygiene products include drinking straws. Soda water, liquor, and fruit drinks contain a high rate of food acids that soften the enamel and destroy the mineral crust on its surface. This leads to the development of tooth decay. Coffee, alcohol, soda contain a lot of phosphorus, which is useful in small amounts, but its abundance reduces the absorption of calcium. Many drinks contain additives harmful to teeth - corn syrup, food colors. They turn the enamel into dull and pigmented white teeth. The use of tubes helps to reduce the contact of liquids with enamel, which means that oral hygiene is carried out in accordance with the recommendations of dentists.

10. Chew sugarless gum. With its help, hygienic cleaning of the surface of the teeth is simplified, because the pillow is available everywhere - in a cafe, restaurant, outdoors. Where a toothbrush cannot be used. Gum stimulates saliva, which helps fight bacteria. Choose a product with xylitol instead of sugar.

11. Do not neglect fluoride treatment. It helps to increase the enamel's resistance to the effects of acids and reduces the risk of tooth decay. You'll find fluoride in drinking water, toothpaste, and mouthwash.

12. By following these simple oral hygiene tips, you can keep your smile looking bright, white, and healthy.

SUMMARY. From the above, it can be concluded that most of the diseases of the oral cavity are related to the activity of pathogenic bacteria in the human mouth. If a person's immune system is strong and can resist it, the bacteria will not harm health. When the body is sick or weakened, pathogenic bacteria begin to multiply and have a harmful effect. Occupational hygiene is often necessary to improve the color of tooth enamel. This procedure is mandatory before sanitizing the oral cavity. Mechanical cleaning of the tooth and gum surface from bacterial deposits helps



prevent the development of caries and periodontal tissue diseases.

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