

Conference on Dental Health and Oral Hygiene 2022

October 27th, 2022 | Webinar

ISSN: 2471-8726

Reinforcing orthodontic oral hygiene

Patient undergoing orthodontic treatment are more prone for alterations in their oral microbiological profile. It will lead to the formation of white spot lesions in and around the brackets. This is mainly due to the accumulation of food debris and plaque around the various orthodontic auxiliaries such as orthodontic bands, brackets, wires etc. Proper oral hygiene maintenance plays a crucial role in the success of orthodontic treatment. So, it is very essential to reinforce the patient's oral hygiene with additional measures which will help in improving the oral hygiene status. In this presentation we will be discussing about various methods of reinforcing oral hygiene in orthodontic patients such as tooth brush maintenance, varnish applications, natural mouth washes and formulation of new varnishes. With studies conducted it can be concluded that additional hygiene reinforcement with methods with improved antibacterial activity and less side effects is essential in patients undergoing orthodontic treatment, thus reducing chances of white spot lesions and/or dental caries.

Biography:

Dr. Aravinthraj Kumar Govindaraj, currently working as Assistant professor in Sri Ramakrishna Dental College and Hospitals, Coimbatore. Completed his BDS from Sri Ramakrishna Dental College and Hospitals, Coimbatore and MDS from Saveetha Dental College and Hospital, Chennai. Obtained his M(Orth) RCPS from Royal College of Physicians and Surgeons of Glasgow in 2021 and M(Orth) RCS from Royal College of Surgeons of England in 2022. Currently pursuing his Ph.D. on Dental Varnishes in Saveetha Dental College and Hospital, Chennai. Presented paper in various National and International conferences, have 13 publications to his credit with 2 patents filed. Peer reviewer for around 10 journals including KJO, JO and Open Dentistry Journal. Have been trained in Basic and Advanced Lingual Orthodontics and Comprehensive and Advanced Micro Implant course in Kyungpook National University, Daegu, South Korea. Have received awards in National and International conferences for research works and his Field of Interest is Dental Varnishes, Orthodontic Indices, Orthodontic Treatment Planning.

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Received: October 11, 2022; **Accepted:** October 12, 2022; **Published:** October 27, 2022