

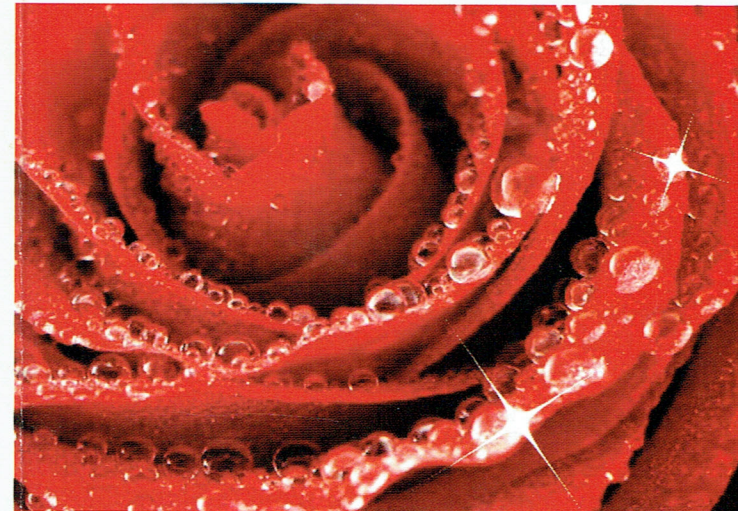
Services

- ♦ Ultrasonic scaling and polishing
- ♦ Tooth whitening
- ♦ Tooth reconstruction
- ♦ Treatment of hyper sensitive teeth
- ♦ Tooth coloured fillings
- ♦ Splinting of mobile teeth
- ♦ Extraction of teeth
- ♦ Flap surgeries and tissue grafting
- ♦ Fixed orthodontic treatment for malaligned teeth
- ♦ Root canal treatment
- ♦ Ceramic crown and bridge work
- ♦ X-ray
- ♦ Treatment of fractures and maxillofacial trauma
- ♦ Treatment of pre-cancerous white lesions
- ♦ Treatment of TMJ problems
- ♦ Removal of cyst/impacted wisdom molars/canines
- ♦ Partial dentures
- ♦ Complete dentures
- ♦ Dental implants



Sector - C, Vasant Kunj, New Delhi 110070, India
Tel: +91 (11) 42255225, Extn: 232, Direct: 42255232
Email: info@isiconline.org

Department of Dental Services |



| Freshness

www.isiconline.org

Oral Health

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition, dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

What conditions may be linked to oral health?

Your oral health may affect, be affected by or contribute to various diseases and conditions, including:

Endocarditis: Gum disease and dental procedures that cut your gums may allow bacteria to enter your bloodstream. If you have a weak immune system or a damaged heart valve, this can cause infection in other parts of the body - such as an infection of the inner lining of the heart (endocarditis).

Cardiovascular disease: Some research suggests that heart disease, clogged arteries and stroke may be linked to oral bacteria.

Pregnancy and birth: Gum disease has been linked to premature birth and low birth weight.

Diabetes: Diabetes reduces the body's resistance to infection - putting the gums at risk. In addition, people who have inadequate blood sugar control may develop more-frequent and severe infections of the gums and the bone that holds teeth in place.

HIV/AIDS: Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

Osteoporosis: Osteoporosis - which causes bones to become weak and brittle - may be associated with periodontal bone loss and tooth loss.

Alzheimer's disease: Tooth loss before age 35 may be a risk factor for Alzheimer's disease.

Other conditions: Like eating disorders etc.

How can I protect my oral health?

To protect your oral health, resolve to practice good oral hygiene every day. For example:

- ♦ Brush your teeth at least twice a day.
- ♦ Replace your toothbrush every three to four months.
- ♦ Floss daily.
- ♦ Eat a healthy diet and limit between-meal snacks.
- ♦ Schedule regular dental checkups.

Oral Hygiene

Your smile depends on simple dental care habits, such as brushing and flossing. But are you using the right techniques? Follow these steps to protect your oral hygiene.

Brushing: Oral hygiene begins with clean teeth. Brush your teeth twice a day. Use soft-bristled small headed toothbrush. Hold your toothbrush at a slight angle against your teeth and brush with short back-and-forth motions. Remember to brush the inside and chewing surfaces of your teeth, as well as your tongue. Avoid vigorous or harsh scrubbing, which can irritate your gums. Replace your toothbrush every three to four months.

Flossing: You can't reach the tight spaces between your teeth or under your gumline with a toothbrush. That's why daily flossing is important.

How to Floss: Break off about 18 inches of dental floss. Wind most of the floss around the middle finger on one hand, and the rest around the middle finger on the other hand - leaving about 1 inch to floss your first tooth.

Take it one tooth at a time. Use your thumbs and forefingers to gently pull the floss from the gumline to the top of the tooth to scrape off plaque. Rub the floss against all sides of the tooth. Unwind to fresh floss as you progress to the next tooth.

Two types of floss are available, waxed and unwaxed in a variety of colours.

Dental checkups: To prevent gum disease and other oral hygiene problems, schedule regular dental cleanings and exams - ideally every 6 months. In the meantime, contact your dentist if you notice any signs or symptoms that could suggest oral health problems like:

- ♦ Red, tender or swollen gums
- ♦ Gums that bleed when you brush or floss
- ♦ Gums that begin pulling away from your teeth
- ♦ Loose permanent teeth
- ♦ Changes in the way your top and bottom teeth align with each other
- ♦ Unusual sensitivity to hot and cold
- ♦ Persistent bad breath or an unusual taste in your mouth

Specialists available

Orthodontist
Endodontist
Oral and Maxillofacial Surgeon
Pedodontist
Implantologist
Community Dentist

OPD timings

Monday to Friday:
9:00 am - 5:30 pm

Saturday:
9:00 am - 1:30 pm