

PROPER ORAL CARE IN YOUNG CHILDREN

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ABSTRACT

In this article we would like to give answers to some of the most common questions that arise concerning brushing children's teeth, as well as give some useful tips for parents and their children to help avoid such an unpleasant disease as tooth decay. With the development of medicine, and dentistry in particular, it is becoming increasingly important that children develop and maintain habits that help prevent disease. Many current studies show that regular personal hygiene measures play an important role in maintaining dental health.

Key words: *caries, oral hygiene, dental status, young children*

The aim of the study is to properly teach oral hygiene to young children, taking into account their dental status

RELEVANCE

The most important task of the paediatric dentist is hygiene training and education of preschool children in order to develop hygiene skills and create conditions for them to grow into a need. Many parents encounter protests when trying to get their child to brush their teeth. Be tolerant, as the child is not yet fully aware of the importance of the process and they perceive your words as tedious lectures. To teach your child the basics of oral care, the education process should start as early as possible. With the appearance of the first tooth, start wiping it with damp gauze or special wipes. If your baby's mouth has already "settled" on several teeth, pay attention to the gaps between the teeth. This way, oral hygiene becomes a daily habit for the baby. Poor oral hygiene is known to promote the growth and reproduction of germs. Research shows that the most common clinical manifestations of highly active microflora are stomatitis, dental caries, periodontitis and periodontitis.

Rules for teaching oral care to young children with regard to their dental status

With the birth of a child, young parents have many questions about the care of their baby, including their teeth. When visiting our dental clinic, parents often ask questions such as:

- Do baby teeth require care if they are about to fall out and are replaced by permanent teeth?
- When should my child start brushing?
- What's the Proper Way to Brush Young Children's Teeth?
- How do I teach my child to take care of their teeth?

Many 2-3 year old children imitate their parents and enjoy brushing their teeth. At the same time, other kids flatly refuse to pick up a brush to take care of their mouth. So how can you get your child interested in this essential hygiene procedure and make brushing teeth a fun game?

When should I start taking care of my child's mouth?

As early as 2-3 months of age, children's dentists recommend that you start taking care of your baby's oral cavity. At first, 2 times a day the baby's gums are gently wiped with a sterile bandage wrapped around the finger and soaked in boiled water. The baby should be distracted (rocked, hummed a song, etc.) so that it is not irritated by this procedure. For older children there are special silicone toothbrushes which do not require toothpaste and are ideal for oral care from the teething age of the first tooth. From approximately 1.5-2 years of age, children should be taught to brush their own teeth, demonstrating the importance of brushing by example. Brushing should be taught in a playful way. After a clear demonstration of how to properly use the toothbrush,

the child should practice rinsing the mouth without swallowing water. Specialists recommend that this difficult procedure be accompanied by an interesting story about clean and dirty teeth. It is very important that your little one understands that the only magic cure for the constant attack of evil germs on the teeth is the toothbrush, and that toothpaste is its faithful helper. After the child has reached the age of 1-1.5 years, it is necessary to switch to brushing with a special children's toothbrush and a long handle. During this period, when the baby teeth have just appeared and the enamel is very sensitive, special attention should be paid to the proper brushing of the baby's teeth. Incorrect brushing can damage the enamel which can eventually lead to the development of tooth decay. In order to avoid this, the following recommendations and procedures for brushing a baby's teeth should be followed:

- First, moisten the toothbrush with water. It is important that the water is not too hot or cold but at room temperature;
- Then smoothly and gently brush your baby's teeth. The toothbrush should be held at an angle of 45 degrees and the movement should start from the gumline towards the edge of the teeth. It is important to emphasise again that the movement has to be gentle and smooth - do not force the toothbrush against the child's teeth;
- If the child is not happy, try to make brushing a playful activity;
- Often children try to snatch a toothbrush from their parents and do it themselves. You should not discourage this desire, but it is important to help your child by explaining how to do it correctly and to keep a close eye on brushing. Such self-brushing will help your child to quickly accustom him/herself to the importance of a daily oral hygiene routine;
- As a final step, explain to your child that after brushing it is important to spit out the toothpaste and rinse your mouth thoroughly with water.

The entire brushing procedure should take at least 2 minutes. If the child is not very fussy, it is advisable to brush for 3 to 4 minutes to achieve maximum effect. If a child really shows signs of dissatisfaction with the procedure, you can try to distract them, for example, with cartoons or an hourglass, which the child will follow while brushing their teeth, but here it all depends on the parents, who should know what to interest their child and distract him for a while.

Brushing methods

Good oral hygiene with a toothbrush and toothpaste is an essential part of a person's general hygiene. There is a large variety of brushing methods Some of them are listed below.

Standard method. The tooth row is conventionally divided into several segments. Molars, premolars, frontal teeth on each side. Teeth are cleaned when the rows are open. Brush at a 45° angle to the tooth surface. Start at the vestibular part on the left side of the jaw with 10 sweeping strokes from top to bottom and then work up to the rest of the teeth. Then the upper palate is cleaned by going over the segments from the left to the right making 10 sweeping movements on each one. On the lower jaw, the teeth are cleaned in the same sequence. When brushing the palatal and lingual surfaces of the upper and lower jaws, the brush is placed perpendicular to the tooth row. Brushing is completed with circular movements on the vestibular surface, grasping the teeth and gums and moving the brush from left to right.

Brush rotation method. The bristles of the brush are placed on the gum mucosa. Use a rotating motion to move the brush towards the crown of the tooth. This movement is repeated 10-12 times in each segment of the dentition.

Leonard's method. The toothbrush is perpendicular to the vertical surfaces of the teeth and moves vertically in the direction of the gum to the dental crown. Vestibular surfaces are cleaned when the rows are closed, the palatal surfaces are cleaned when they are not closed and the chewing surfaces are cleaned in a forward-backward motion. The method allows to avoid damaging the gums.

Reyte method. The bristles are positioned parallel to the tooth axis with the free ends of the bristles against the gumline. Brushing is performed with rolling motions from gum to crown of the tooth.

Smith-Bell method. The movement of the brush follows the path of food during chewing. The brush is placed perpendicular to the chewing surface and moves to the gum with gentle pressure and rotation.

Fones method. With the teeth closed, circular motions are applied with the bristles perpendicular to the vestibular surfaces of the teeth. Lingual and masticatory surfaces are cleaned by the same brush strokes on the upper and lower jaws alternately when the teeth are not clenched.

Stilson method. The toothbrush is positioned so that the bristle tips are partly on the gingiva and partly on the cervical area

Choosing a toothbrush

When choosing a baby toothbrush, there are some subtleties to consider. It should:

- be colourful and appealing to the child;
- easy to hold in their hands;
- age-appropriate
- Dry well and not injure gums (a soft synthetic toothbrush is ideal).

If the child wears lingual braces or sapphire braces, you should buy a special orthodontic appliance from the pharmacy that is better suited for cleaning hard-to-reach places.

When should I start brushing my child's teeth?

According to children's dentists, it is necessary to take care and care of a child's oral cavity from the very first days of life, even before the first teeth appear. During this period you should gently wipe the baby's gums with boiled water at room temperature, using a piece of gauze or bandage, or buy special wipes at the chemist for brushing teeth. The use of cotton wool is not recommended, as it can leave fibres behind and irritate the baby's mouth. This should be done after every meal and always before bedtime. Usually your baby will complain, cry and shout during the first treatment. This should not be a reason to stop the treatment. Your little one should gradually become accustomed to daily dental care as this will affect your child's health in adulthood. Your baby's first teeth usually appear 5-6 months after birth. At that time it is advisable to have 1 or 2 brushes a day. A soft-bristled baby toothbrush or a special cheek brush can be used for brushing.

Once a child has reached the age of 1-1.5 years, it is advisable to accustom them to brushing at least twice a day.

In order for children to have healthy teeth, the following rules should be followed:

- Do not leave him or her alone when brushing their teeth until they are 7 years old;
- Help children learn how to brush their teeth properly;
- It is not easy for children who are tired from school to brush their teeth without going to bed, but brushing them without giving up is essential.

Brushing their teeth is very important for the overall health of children. Even if your children have no complaints, be sure to take them to the dentist. Even if there are no cavities on it, it will seriously prevent the formation of possible cavities, such as fissure sealant and surface fluoride application. Research shows that

cooperation with teachers is very important in caries prevention. Teachers are more effective than their parents in developing children's knowledge of oral hygiene.

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