



# DENTAL CLEANING TOOLS



الحملة الوطنية لصحة الفم والأسنان ٢٠٢٠

National Oral and Dental Health Campaign 2020

# DENTAL FLOSS

## WAXED DENTAL FLOSS:

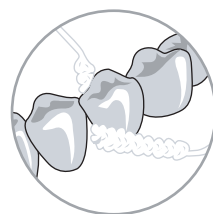
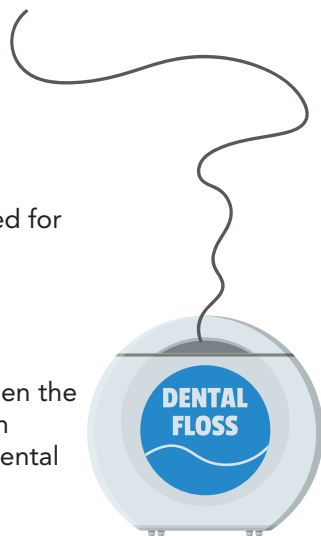
Scented dental floss covered with a wax layer, often used for tightly spaced teeth.

## UN WAXED DENTAL FLOSS:

Unscented dental floss that is NOT covered with wax. Studies have shown that there is no difference between the use of waxed or non-wax tooth floss when used to clean between teeth, but it is advised beginners use waxed dental floss, so to avoid gum scratches.



**SUPER FLOSS:** consists of a stiff end, followed by a sponge part and then the thread, for cleaning your gums when you have braces, implants, or bridges

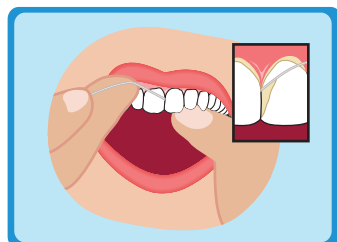


# DENTAL FLOSS HOLDER:

A carrier upon which dental floss can be attached in order to make it easier to clean the back teeth in the mouth.

## THE IMPORTANCE OF DENTAL FLOSSING:

- cleans between the teeth, areas the toothbrush cannot reach.
- cleaning of the open area between the tooth and the gums.
- reducing the likelihood of tooth decay in the contact areas between the teeth.



## PROXA BRUSH

(A BRUSH BETWEEN TEETH):

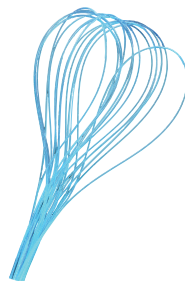
**Small brushes that come in different sizes to be used by patients:**

1. With braces who have gum disease to clean the gums between the base of the teeth.
2. To clean the periodontal (gum) pockets.
3. To clean away the food that can build up under and around crowns, bridges and implants.



## PLASTIC NEEDLE

**Connects to dental floss and assists with the insertion of dental floss under orthodontic wire, for patients with braces.**



## TONGUE SCRAPER

(A BRUSH BETWEEN TEETH):

**A plastic or metal tool used to clean the tongue from food residue. It is used by scraping the surface of the tongue from the back to the front, cleaning all surfaces of the tongue.**



## SINGLE TUFT TOOTHBRUSH

**This type of brush is used to clean between overlapping teeth, especially teeth that are difficult to reach with an ordinary brush.**



# THE IMPORTANCE OF THE WIDE USE OF DENTAL CLEANING TOOLS:

**The use of dental cleaning tools is needed to keep all your teeth surfaces clean and it's important you use the right tool.**

Toothbrushes clean the outside and inside surfaces of the teeth in the mouth but cannot clean between the teeth.

The use of dental floss after toothbrushing is advised.

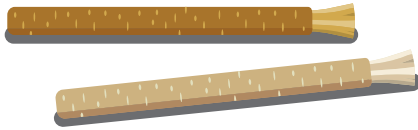
Those who wear braces or those who have crowns, bridges or implants, should adopt the use of other tools along with the use of a toothbrush to maintain optimum oral hygiene and healthy gums.

## DENTAL CLEANING TOOLS



# AL SEWAK

Is the Arak oyster extracted from an evergreen tree. Al Sewak contains a small proportion of fluoride, it has preservative particles that reduce gingivitis and can promote tooth whitening.



## HOW TO USE AL SEWAK:

After cleaning the Arak rod and moisturizing it with mouth, remove the outer layer with knife.

Firstly,  
moisturize the  
arak rod

Disintegrate  
between  
the teeth until  
the bristles are  
separated

Place the  
Sewak  
between the  
tooth and  
gum



Make a  
circular and  
upward  
motion for  
each tooth

Clean the inner  
area of the  
tongue by  
twisting the  
Sewak to cover  
the surface of  
the tooth to be  
cleaned

Clean the  
tongue by  
passing the  
Sewak from  
the back to  
the front



# MANUAL TOOTHBRUSH

## The following criteria should be fulfilled in the toothbrush:

- Bristles should be soft
- The handle should be long and easy to use
- The end of the bristles should be dense and in two to four rows, arranged in circles to reduce the possibility of scratching the teeth or causing trauma of the gums.



Avoid a hard toothbrush as it causes scratches and trauma to the gums

Using extra soft toothbrush with gum diseases is preferable

Patients who complain of gingivitis can use a soft or extra soft toothbrush

Do not share toothbrushes

After brushing, rinse your toothbrush with tap water until it is completely clean, let it air-dry

Avoid covering toothbrushes or storing them, which can cause the growth of bacteria

Change the brush every 3 months or when the bristles are distorted

# ELECTRIC TOOTHBRUSH



Electric and manual toothbrushes are equal in the efficiency of cleaning the teeth

Each electric toothbrush has its own use in its attached catalog

The electric toothbrush needs more time than the manual brush to clean, as it cleans the teeth one by one, unlike the manual brush that cleans two to three teeth at a time



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