



PIRAFILACTIC MEASURES AGAINST MICROORGANISMS IN CARIES AND ORAL MICROFLORA

Akromova Madinabonu Akmal qizi¹

EMU University

KEYWORDS

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ABSTRACT

It is important to take good care of teeth and gums because:

- Teeth must be healthy to chew and digest food.
- Taking good care of your teeth can prevent painful tooth decay and gum disease.
- Diseased and rotten teeth due to improper cleaning cause serious infections that have a negative effect on other organs of the body.

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¹ Student of the Faculty of Dentistry, UME University in Tashkent, Uzbekistan

1. Avoid sweets.

Eating a lot of sweets, (sucrose - sugar, sugar, confectionary products), drinking sugary tea or coffee, lemonade and carbonated or non-alcoholic drinks like Coca-Cola can quickly make teeth sick. If you want your children to have healthy teeth, do not introduce them to such drinks and sweets.

2. Brush your teeth well every day. Always rinse your mouth thoroughly after eating any sweets. Clean the tooth from top to bottom as shown in the picture, not from side to side. Clean the front, back, tops and roots of all teeth, especially the areas where the teeth and gums meet.

3. When there is not enough natural fluoride in water and food, adding fluoride to drinking water or applying it to the teeth helps to prevent caries. In some treatment facilities, fluoride is applied to children's teeth once or twice a year during health check-ups. Also, many seafood products contain large amounts of fluoride. If possible, use toothpastes that contain fluoride. Fluoride is toxic if used in excess. Use it carefully and keep it out of the reach of children. Before adding how much fluoride to water, it is necessary to determine its composition. For this, contact the sanepid centers.

4. Do not feed older babies from a feeding bottle. As a result of non-stop sucking of milk, the child's teeth are covered with a sweet coating, and as a result, tomorrow's caries will begin.

5. Use a toothbrush to clean between your teeth every day.

If you rinse well with water, that's enough. Teeth and gums are best cleaned with a soft but slightly abrasive object. Some people brush their teeth with salt. You can also make a tooth powder by mixing equal parts of salt and baking soda. Wet the brush before applying it so that the powder adheres better to the brush

Avoid sweets and always brush your teeth after eating to prevent tooth irritation and abscess. If possible, see a dentist as soon as you notice a cavity. If you go on time, the doctor will put a filling on your tooth that will last for a long time.

Reduce pain:

◆ Clean the food residues accumulated in the cavities of the teeth. Then rinse your mouth with a warm mouthwash several times a day.

◆ Take a pain reliever such as aspirin.

◆ If the tooth infection is strong, acute (gums are swollen, suppured and enlarged lymph nodes), penicillin, T-iseptol or tetracycline tablets .

Toothache is caused by infection of the tooth cavity.

An abscess is caused by the infection reaching the ends of the tooth root and collecting pus. If the swelling doesn't go away or the pain doesn't stop, the tooth will need to be removed. Treat the abscess immediately before the infection spreads to other parts of the body.

Reasons why the gums become inflamed (red, swollen), bleeding and painful:

1. Inadequate or often poor cleaning of teeth and gums.
2. Not eating enough nutritious food. Prevention and treatment:

◆ Rinse the food residue between the teeth every time after eating. Also, if possible, clean the yellow stones that accumulate in the areas where the teeth and gums meet. Regularly cleaning under the gums by inserting a thin, thin floss (or toothpick) between the teeth helps a lot. At first, there will be a lot of bleeding, but later the bleeding will decrease and the gums will heal.

◆ Eat foods that protect the body and are rich in vitamins, such as eggs, meat, mash, beans, peas, green vegetables and fruits such as tomatoes, oranges and lemons. Avoid sticky foods and sweets that get stuck between the teeth. Note: Sometimes anti-seizure medications such as Diphenin can cause unhealthy gum growth and swelling. If this is the case, see your doctor and get advice on using another medication.

The tongue is covered with a white membrane. Many diseases cause a white or yellow coating on the palate and tongue. This is often seen in fever. Even if the swelling of the tongue is not serious, it is necessary to rinse the mouth several times a day with warm water with salt and baking soda.

Spots that appear from the child's mouth with fever and look like small white salt particles can be the initial sign of measles. Whiteness of the mouth. These are small white spots that appear in the mouth and on the tongue and look like a sticky film. They are caused by a fungal or yeast infection called moniliosis.

Oral thrush is more common in newborns, people with HIV, and people taking antibiotics, mainly tetracycline or ampicillin. If the antibiotic is not absolutely necessary, stop it. Take a Nystatin tablet, then mix it with half a teaspoon of boiled and cooled water.

Apply to the affected area 4 times a day. Continue this treatment for another 2 days after the spots disappear. Chewing garlic and drinking yogurt also helps. Use nystatin in severe cases.

Sores are small, white, painful spots on the lips and mouth. They can appear after compression, upset or fever. It will disappear within 1-3 weeks. Rinse the mouth with salt water or apply hydrogen peroxide or corticosteroid hormonal ointments to the mouth. Antibiotics do not help.

The prodromal period includes the time from the first symptoms of the disease to its actual outbreak. During this period, headaches, chills, fever, lethargy, etc., characteristic of many diseases, usually begin.

So, during this period, it is clear that a person is sick, but it is impossible to know what kind of disease he is suffering from. Symptoms that are characteristic for making a definite diagnosis of the disease are often visible at the end of this period, when the disease is officially in progress, but in some cases they are vague (indeterminate form of the disease) or disappear before it reaches the peak (abortive form of the disease).

However, even in cases where the disease is very typical, it takes on a different character due to the addition of some complication or other pain. The end of the disease,

that is, the final period of recovery, can begin suddenly or pass gradually. At the same time, the person recovers completely, or one of the organs remains a complication from the disease that does not disappear for a long time; Sometimes the disease does not disappear completely, but becomes chronic, which flares up from time to time.

The smooth passing of the disease without leaving any complications often depends on timely treatment against it and the careful execution of all the doctor's orders.

Therefore, when a person feels unwell, he should go to the doctor immediately. Modern medicine takes the patient's condition very seriously and examines it comprehensively; He studies the causes and conditions of the disease, mechanisms of exacerbation, what symptoms it causes, how the body fights against the disease, laws of protection and adaptation reactions; based on the obtained results, develops methods for diagnosis, treatment and prevention of the disease.

Each patient is treated individually, that is, depending on the type of disease, the condition of the body and many other characteristics.

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