



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
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**TEACHING CHILDREN PROPER FLOSSING TECHNIQUES AT NEW ENGLISH SCHOOL
NAVADE**

Date: 9th December 2024

Venue: New English School Navade

Faculty: Dr. Swati Singh, Dr. Neeraj Kolge

Organizing Agency: Department Of Public Health Dentistry, MGMDCH , NSS Unit of MGMDCH

Number of Students attended:3

Good oral health is considered a key factor in healthy ageing and is associated with improved general health, reduced morbidity and mortality.

Why flossing is important?

- As children eat throughout the day, plaque accumulates on his or her teeth.
- Plaque is a sticky coating of bacteria that naturally forms on all the surfaces of our teeth.
- If plaque is not removed regularly, the bacteria it contains can lead to tooth decay and gum disease.
- Brushing teeth twice a day is an essential part of removing plaque from teeth, but it is not sufficient.
- Once your teeth are touching, toothbrush cannot properly clean the surfaces in between the teeth.
- This is why daily flossing needs to be a part of children's oral healthcare routine.
- Floss removes plaque from the surfaces between teeth, helping to prevent the buildup of bacteria that can lead to cavities, gum disease and other serious infections.

Aim and objective:

1. To assess the oral health status of children and to provide necessary Dental treatment.
2. To educate them and create awareness about importance and proper techniques of dental flossing.

Method:

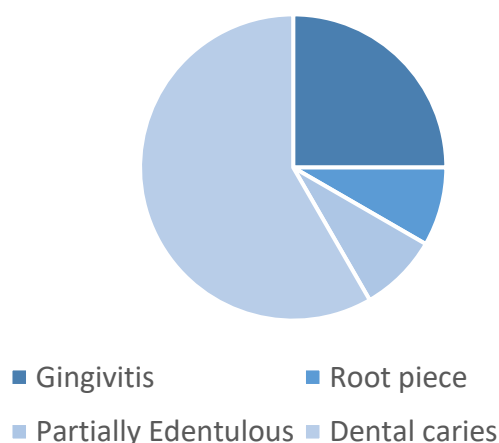
- 1) Tear off about 18 inches of floss.
- 2) Wind most of the floss around the tip of one of your middle fingers. Now wind a little bit around the other middle finger, leaving approximately two inches of unwound floss between your two fingers.
- 3) Hold the unwound floss tightly between your index fingers and thumbs.
- 4) Guide the floss between your teeth using a gentle rubbing motion.
- 5) When the floss reaches the gum line, curve it into a “C” shape so that it hugs one of your child’s teeth.
- 6) Holding the floss tightly against the tooth, gently rub the floss up and down.
- 7) Repeat steps 4 through 6 until you have cleaned between all teeth that are touching.

Observations: A total of 89 patients were examined and demonstration of proper flossing techniques is given and those requiring extensive treatment were further referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	7	58.4
Gingivitis	3	25
Root piece	1	8.3
Prosthesis	1	8.3

ORAL HEALTH STATUS



Interpretation and conclusion:

1. Dental caries and gingivitis are the most common problem among the children which can be reduced by utilizing proper diet and nutrition and also the proper brushing and flossing techniques,. A regular dental flossing can lead to decrease in the number of decayed teeth.
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.

3. Patient were explained about the proper techniques of flossing and importance of maintaining oral health



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Neeraj Kolge
Name of Interns& Students	
3.	R.Avinash
4.	Tanmay kamodkar
5.	Himnashu Jadhav