



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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AWARENESS OF PROPER TONGUE CLEANING AT CKT SCHOOL PANVEL

Date: 12th December 2024

Venue: CKT SCHOOL PANVEL

Faculty: Dr. Swati Singh, Dr. Neeraj Kolge

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

Number of Students attended:4

Brushing and flossing are essential oral hygiene basics that help prevent tooth decay and gum disease. While many people pay careful attention to their teeth and gums, the tongue is often neglected. However, this large surface of the mouth should also be cleaned on a daily basis. Doing so can help many people enjoy better oral health.

Why it is important to clean your tongue ?

The textured surface of the tongue allows it to collect and hold onto bacteria and small particles.

Over time, these substances accumulate and form a multilayered biofilm on the tongue. Water alone is not enough to penetrate the biofilm and sweep away the bacteria within it. For these reasons, the tongue should be cleaned frequently.

- Reduce bacterial growth

Bacteria buildup is rarely a good thing, especially in a person's mouth. The more bacteria that are present, the more likely it is that a patient can develop dental caries, oral infections, and other illnesses and diseases. Cleaning your tongue can help remove excessive bacteria and reduce these risks.

- Control bad breath

Buildup on the tongue consists of more than just bacteria. Dead skin cells and food remnants can also collect here. This combination can cause bad breath, especially in the mornings. Scraping the tongue clean is one of the most effective ways to address bad breath.

METHODS:

Tools and techniques for proper tongue cleaning

Swishing with water is not enough to remove the thick film from the surface of the tongue. Brushing or scraping are required for a thorough cleaning. However, just as with other oral hygiene basics, it is necessary to use proper tools and a gentle hand; otherwise, the soft skin could easily be damaged.

- Brushing and scraping

Some people find it is easy to clean the tongue with a soft-bristled toothbrush. Adding this step to the end of every toothbrushing session can help control buildup. Even so, using a tongue scraper is usually more effective since it can cover the entire surface and remove the film in a single, sweeping motion.

- Rinsing

While rinsing alone is not enough to remove the bacteria trapped against the tongue's surface, it can help sweep away newly loosened residue. Be sure to rinse thoroughly after brushing or tongue scraping. Using a mouthwash after these steps can also help ensure thorough cleaning by killing harmful bacteria that brushing or scraping may still leave behind.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To educate them and create awareness about the importance and proper method of tongue cleaning.

Method:

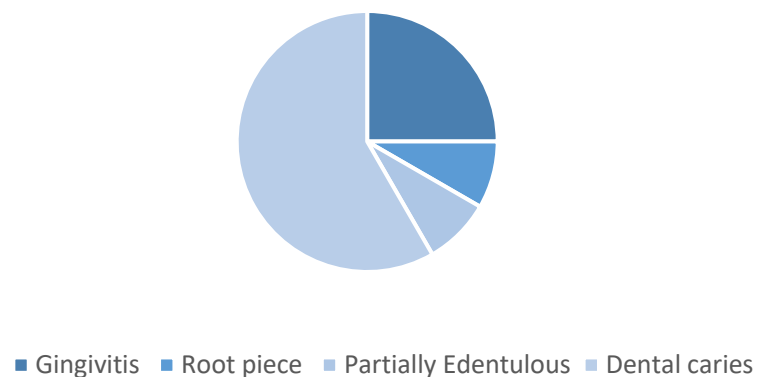
The tooth sensitivity has reportedly been a major concern since the beginning. A type II examination was carried out with the use of mouth-mirror and probe in mobile dental van. All the patients were assessed for oral health status and were explained about various causes for the sensitivity of their teeth and how they can effectively get over it by concerning with their doctors regularly and getting the treatment done as early as possible. The patients were made aware of the existing dental problems and how nutrition can affect the dental health of a patient.

Observations: A total of 160 patients were examined for various dental problems. Those requiring extensive treatment were further referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	68	58.4
Gingivitis	26	25
Root piece	17	8.3
Prosthesis	5	8.3

ORAL HEALTH STATUS



Interpretation and conclusion:

1. Along with other *oral hygiene basics*, cleaning your tongue on a regular basis can help protect your teeth, gums, and the rest of your body. It can also freshen your breath and improve the overall feel of your mouth. Be sure to clean with care to avoid irritation or damage.



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.	Anjali Daga
5.	Rutuja salvi
6.	Mahesh survase