

CARIES PREVENTION

Moxigul Valiyeva, daughter of Bahodir

Andijan State Medical Institute

Assistant of the department of propaedeutic dentistry

Abstract: prevention without exogenous drugs in three articles. In this case, patients are instructed to intensively chew solid food, maintain oral hygiene, limit carbohydrates, and replace sugar with Rational prosthetics.

Key words: exogenous, prevention, remineralization, hygiene, remodent fluoride.

With the help of exogenous drug prophylaxis, it is considered to use the remineral liquid in the uterus. 10% calcium gluconate, 2% sodium fluoride, 3% remodent fluorine varnish Gel is applied until the tooth is hard, and prevention is carried out.

Sealing of dental fissures is also carried out in Ushchara area. Currently, modern filling materials contain fluorine-preserving compounds, which are of great importance in preventing dental caries.

Oral hygiene is very important in the prevention of dental caries.

Oral hygiene is performed in two ways.

Personal hygiene

Professional professional hygiene

Personal hygiene is carried out by the patient himself with personal hygiene products, brush paste, iPli floss and elixirs.

There are 2 types of toothbrushes.

Natural

Artificial

All toothbrushes have 5 hardness levels.

There are very soft, soft, medium hard, hard, and very hard.

Toothpastes are divided into Hygienic, curative, preventive and anti-caries pastes.

Hygienic pastes Detskaya, chlorodent, orange Semeynaya.

Healing pastes chlorofillovaya, Azulen, aira.

Anti-caries pastes ColgeYt, blend-a-med, Pepsodent, aquafresh.

Basil, lily, and tulip pastes created in Uzbekistan.

Thank you for your attention. (despite flaws)

The treatment of dental caries, which is generally accepted and mainly used in practice, consists in sharpening and filling the caries cavity. However, if we take into account the effect of organic acids released from bacteria in dental caries, then our main effect should be directed to microorganisms. Diet is also an important cause of caries. Taking this into account, there are 2 different ways to treat dental caries.

Creates high resistance of dental hard tissues to general and local cariogenic factors. A white or light-brown spot is characteristic of rapid caries in the spot stage, in this case only remineralization is carried out. Treatment of dental caries General measures Local measures Remineralization method Surgical method 161 Preparations containing calcium, phosphorus, and fluorine ions are used in remineralization treatment (table 6). Ions enter the enamel tissue and fill the intercrystalline space and the formed defects (lacuna). In this way, enamel hardness can return to its original state. The effectiveness of the treatment is determined depending on whether the size of the spot has decreased or it has completely disappeared, as well as the restoration of the natural luster of the enamel. Remineralization treatment rem. it is carried out by means of applying the tools to the dental cartilaginous tissue, and electrophoresis using constant electric current. For this purpose, 10% calcium gluconate solution or 1-3% remodent solution is widely used. Remodent dry preparation consists of 4.35% calcium, 0.15% magnesium, 0.2% potassium, 16% sodium, 30% chlorine, 44.5% organic agents. To determine this, the surface of the tooth is stained with a 2% methylene blue solution. After treatment, the stain may completely disappear from the surface of the enamel, or the focus of demineralization may decrease. It depends on how deep the disease is. It is necessary to strictly observe the rules of oral hygiene during the period of treatment: it is necessary to prevent the formation of tartar on the surface of the previously formed demineralization center, and the tartar must not remain for a long time. In addition, it is necessary to avoid eating a lot of carbohydrates between main meals. □ Increases the immunobiological ability of the body; □ Eliminates the general cariogenic condition in the body; □ In the general treatment of caries: the main causative factor is affected;

The treatment is carried out in the following order: tooth with a cotton swab dipped in a toothbrush or hydrogen peroxide solution

- the surface is cleaned of dirt and dried with cotton pads or a stream of warm air. In a remineralizing solution to the demineralized enamel surface

- soaked cotton is placed. The cotton soaked in the solution is changed every five minutes.

After wiping with remineralizing solution, every third

- after driving, cotton soaked in 2-4% sodium fluoride solution is applied to the injured enamel surface for 2-3 minutes or the enamel surface is covered with fluorine varnish. Do not eat and rinse your mouth within 2-3 hours after each procedure

- It is recommended that it is not possible. The duration of the treatment consists of 15-20 strokes, and it is carried out every day or every other day.

The effect of treatment is determined by the reduction of the demineralization center.

In case of medium caries, the method of sharpening the carious space is mandatory. Sharpening and filling are performed in the following sequence: anesthesia, opening and expansion of the carious cavity, treatment of the enamel edges with veneer, treatment with drugs, placement of a separating base and permanent filling, and final treatment of the filling. Every dentist should follow the principles of painless sharpening. During sharpening, it is advisable to sharpen in the direction of placing a "comma" with the help of sharp hard-cast, diamond burs and without vibration, at the maximum speed of rotation. Analgesic preparations containing 4% articaine (ubistezin, septonest, citokartin, brylocaine, etc.) that meet the current requirements are mainly used to anesthetize the hard tissues of the tooth. Currently, conductive and infiltration anesthesia methods are widely used in the treatment of dental caries and its complications, as well as in anesthetizing the deep layers of the dental tissues and several teeth at the same time. The main stages of sharpening the caries cavity: opening the caries cavity; Necroectomy; Formation of space; Poplar edge processing. Opening the cavity of caries consists in removing the edges of enamel that do not have a support point in the dentin tissue. In order to cut such enamel edges, non-hard spherical or fissured burs are used (Fig. 77). Expansion of the cavity of caries. Softened dentine tissue is removed from the walls in order to prevent the spread of the caries process, as well as to see the bottom of the caries cavity and treat it. Cylindrical and conical bars with large size are mainly used.

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