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## **ORAL HYGIENE IN ORTHODONTIC STRUCTURES**

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**Annotation.** Nowadays oral hygiene is one of the most common topics, but still few people know how to brush their teeth properly. The hygiene of the oral cavity during the treatment of the dentition with orthodontic structures is very important. The article contains the information about the bracket system or retention plates.

**Аннотация.** На сегодняшний день гигиена полости рта одна из заезженных тем, но до сих пор мало кто знает, как следует правильно чистить зубы. Очень большое значение имеет гигиена полости рта во время лечения зубного ряда ортодонтическими конструкциями брекет системой либо ретенционными пластинками. Статья содержит информацию о брекет-системе или удерживающих пластинках.

**Key words:** oral cavity, hygiene, teeth, braces, orthodontic plate.

**Ключевые слова:** полость рта, гигиена, зубы, брекет, ортодонтическая пластинка.

### **Introduction**

Poor oral hygiene can lead to plaque and then tartar, and the worst outcome is tooth decay. Oral hygiene is not a complex manipulation, but with orthodontic structures, it is complicated and takes careful care. Nutrient can be stuck both between the teeth and in the structure itself. This matter studied since 1965, because braces become relevant and common, then this problem studied in earnest, because after bite, treatment not every patient was ready for extraction or treatment. Bring in these measures the welfare patient.

### **The goal of the research**

Communicate the importance of oral hygiene when using orthodontic construction and observing oral hygiene.

There are two types of hygiene: professional and individual. [1, 2]. Professional and individual oral hygiene is an essential component of the prevention of dental diseases in patients with orthodontic structures.

Professional hygiene of mouth cavity includes:

1. Conducting a conversation with the patient about the need for adequate oral hygiene, about the harm of dental deposits to the hard tissues of the teeth and periodontium, about the role of hygienic maintenance of the oral cavity [1]. The doctor should draw the patient's attention to the fact that excessive hygiene will be just as harmful to the condition of the oral cavity as poor hygiene.

2. Professional cleaning of teeth, including the identification and removal of soft (non-mineralized) and hard (-mineralized) dental deposits, grinding and polishing of the surface of teeth and restorations [1]. It should be carried out every 3 months or on the recommendation of a doctor on an individual basis. This manipulation can be performed at home, but the disadvantage of home cleaning with a plaque indicator is that this manipulation takes place without the supervision of a doctor; the patient can injure the gum (school age children may not calculate the force and mechanically remove the plaque, but injure the gum).

3. Identification, elimination or correction of factors that make it difficult to clean the surface of the teeth and contribute to the formation of plaque [1, 2].

4. Examination by a doctor every month with an orthodontic design and analysis of the dynamics of the patient's oral cavity, further conducting a survey if it is required and an examination of the oral cavity with further treatment, if the situation in the oral cavity requires this manipulation.

Individual hygiene of the oral cavity includes:

1. Individual controlled oral hygiene, which includes an individualized selection of the most effective methods and means of individual oral hygiene, teaching the patient the rules and techniques of individual hygiene, proper individual oral hygiene, as well as monitoring the patient's skills and effectiveness of brushing teeth [1].

2. The patient should independently examine the oral cavity after eating and, if the food is stuck in the structure, independently remove it with special floss or interdental brushes.

3. Make an appointment with an orthodontist on time.

4. During the use of orthodontic structures, it should be remembered that the cleaning changes slightly. When brushing your teeth, the brush should be tilted 45° for better cleaning, as food can be stuck in the structure itself [3].

5. The structure may deform during the process of chewing solid food, thereby complicating the process of dental hygiene [3].

Therefore, we have analyzed the types of hygiene and it should be noted that the interaction of the two methods would lead to a good result. Specifically, there are two types of orthodontic structures: removable and non-removable. Non-removable braces include braces, and removable retention plates. The difference in hygiene is not so great, but you need to take into account all the factors. The removable orthodontic structure can be removed and cleaned by the patient either with an irrigator or with a

separate brush, which are designed specifically for the plate structure [2]. Note that at night, you should remove the removable plate in a damp cloth (if it is not a night kappa or this design is not intended for wearing at night). Non-removable structures in terms of hygiene are much more complicated, so this issue will be relevant for a long time.

Do not forget that without orthodontic structures, you should monitor oral hygiene. Go to a doctor's appointment, use dental floss (this is a very important point because not everyone can clean the proximal or contact part of the tooth), the selection of a brush is very important there are many types of brushes.

In the past I was a patient who wore a bracket system and I can assure you that proper oral hygiene is not so difficult. The patient is required to remember to monitor the oral cavity after eating and to carry a mouthwash and brushes for cleaning the bracket system (a regular brush can also be suitable). You should also maintain hygiene of the brush because if it is in a dirty bag, bacteria will accumulate on them, so here you need to think about the process of wearing a brush or interdental brushes.

### **Finally**

Orthodontic constructions help people a lot nowadays. Currently, there are many different devices for maintaining oral hygiene, ranging from varieties of brushes to various dental flosses, which help the patient. However, do not forget about the area of responsibility that the patient bears for the condition of the oral cavity.

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### **СРАВНЕНИЕ МЕТОДИК ВОЛЮМЕТРИЧЕСКОГО АНАЛИЗА ГЛАЗНИЦ У ПАЦИЕНТОВ С ОРБИТАЛЬНОЙ ТРАВМОЙ**

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