

SEMINAR ON ORAL HYGIENE

Session started with highlights on good oral hygiene- results in a mouth that looks and smells healthy. This means: Your teeth are clean and free of debris, Gums are pink and do not hurt or bleed when you brush or floss. Dr. Puja Solanki explained the following concerns for healthy teeth and oral hygiene:

- Brushing thoroughly twice a day and flossing daily.
- Eating a balanced diet and limiting snacks between meals.
- Using dental products that contain fluoride, including toothpaste.
- Rinsing with a fluoride mouth rinse if your dentist tells you
- Making sure that your children less than 12 drink fluoridated water or take a fluoride supplement if they live in a non-fluoridated area.
- Used right techniques for brushing like brushing at least for 2 min.
- Queries of B.Pharm students were answered.



It was indeed fruitful and each one has lot of learning out of this activity.

- Date: 13th July 2017

- Speaker:
Dr. Puja Solanki

- Audience:
Students

- Organized By:
Seminar for students
committee,
H K College of Pharmacy