Full text

USING TOOTH-GRINDING PLATES WITH TOOTHPASTE

1.062 / 5.000

Is the toothpaste making enough contact with our teeth? Undoubtedly, toothpaste is beneficial for our teeth and gums. How can we apply toothpaste to our teeth in addition to a toothbrush? The answer to this question is teeth grinding plaque. Using the grinding plate with toothpaste is a new, unknown practice. It is easy to apply for dentists, every dentist diploma holder can take the measure to prepare this squeezing plate. Every dental technician laboratory can prepare teeth grinding plaque, it is very practical, only need plaster model preparation and special device with heated vacuum. Toothpaste is very cheap compared to other special whitening agents and chemicals. An inexpensive treatment for the citizen would be a hygiene product. This use of the squeak plate is an idea that needs to be preserved. Cheap, easy and harmless from whitening plaques, even children can use it with children's toothpaste. It prevents caries, cleans, whitens, provides good hygiene. It will be more effective to apply after brushing teeth before going to sleep in the evening.

Project Material and Method

Teeth whitening plates are an application that every dentist knows. However, this procedure is both costly and time consuming, and it is not a treatment that can be applied to every person. The use of teeth grinding plates with toothpaste is both practical, inexpensive, preventive and protective. It should be introduced to our people and dentists. It will be a very useful practice for the development of community oral and dental health. People who are afraid of dental treatment will only be comfortable because the teeth grinding plate mold and measurement process will be prepared. The dentist will also examine the mouth and teeth during this procedure. While people have a product that will improve their oral hygiene, they can plan treatment with dentists. Lower and upper jaw mold measurements are taken and sent to the dental laboratory. Plaster molds of the lower and upper jaws and teeth are prepared, and teeth grinding plates are shaped on these molds by applying hot air and vacuum.

Purpose, Scope and Objectives of the Project

The aim of this project is to protect oral health and increase oral hygiene. Healthy teeth and gums are also necessary for maintaining the health of the whole body. It is a project that will increase the use of toothpaste and prevent mineral loss of teeth. Thanks to this project, dentists will introduce toothpaste types to people. They can recommend whitening toothpaste for those who want to whiten their teeth, and a desensitizing toothpaste for those with tooth sensitivity. They can learn about dental caries that affect the teeth without causing pain, with the help of a dentist. The level of development of countries is linked to the health of their people. Oral and dental health is also an indicator of progress and development. People at a young age should not lose their teeth due to caries. This project is open not only for our country but also for the whole world humanity. Its introduction will be beneficial to all humanity.

Application Area and Target Group of the Project

The application area of this project is biotechnology and health sciences.

Target Group: The Ministry of Health and universities can support the project and offer its promotion and training for the protection of oral and dental health. This project is open to primary school, secondary school, high school, university students, university employees, anyone who has health insurance and wants to improve their teeth and gums oral health. People can also get teeth grinding plaques in private dentist clinics and have them prepared. Two teeth grinding plates are prepared for the lower and upper jaw. The target group is open to anyone who cares about their dental health and wants to protect their teeth. In particular, the adoption of this project by dentists will improve the oral and dental health of the community. Companies that produce toothpaste can promote this project.

Original Value and Widespread Impact of the Project

It is necessary to protect and improve our oral and dental health. Treatment procedures are both expensive and difficult. It is both economical and practical to prevent dental caries and gum diseases before they occur. Toothbrush and paste are hygiene products known to the whole society. However, the application of toothpaste with a teeth grinding plate is a new, practical, effective and relatively easy and harmless method. Introducing it to humanity will improve oral health. Social security pension insurers, like the Pension Fund, cover the costs of lower and upper jaw grinding plaques every 6 months. Introducing it especially to children and young people will ensure that people with healthy teeth will grow up in the future.

Keywords: Tooth grinding plates, toothpaste

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