

# How Can Non-Oral Health Professionals Promote Good Oral Hygiene Practices?

## Oral Health



## Whole-body health

## WHY IT MATTERS

### Helps prevent:



Tooth decay



Bad breath



Gum disease



Tooth loss

Supports overall health (e.g., diabetes, heart disease)

## Essential Practices to promote



### 1. Brushing

- Twice daily, 2 minutes
- Cover all surfaces: inside, outside, chewing
- Children: circular motion; Adults: sweeping motion
- Fluoride toothpaste:
  - Age 0–3: smear, ≥1000 ppm
  - Age 3–6: pea-sized, 1000–1500 ppm
  - Age 7+: 1350–1500 ppm
- Don't rinse – spit only



### 2. Flossing & Interdental Cleaning

- Daily with floss or interdental brushes
- Targets plaque between teeth and near gums



### 3. Toothbrush Care

- Replace when worn
- One toothbrush per person



### 4. On-the-Go

- Use fluoride mouthwash or sugar-free gum when brushing isn't possible

## The 5-Step Framework:

1

### Ask

- Inquire about current habits

2

### Look for signs

- Observe brushing/flossing
- Check oral care products used

3

### Decide

- Tailor teaching method by age, ability, and preference

4

### Act

- Demonstrate:
  - Brushing (45° angle, circular/sweeping)
  - Flossing (gentle, curve around tooth, under gum)
- Use plaque disclosing tablets if available
- Provide resources (e.g., FDI videos)

5

### Document

- Record:
  - Sessions
  - Challenges/progress
  - Any changes made

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