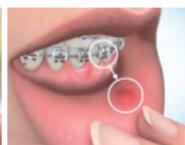


The Role of Community Pharmacist in Oral Health



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The Role of Community Pharmacist in Oral Health



BAD BREATH (HALITOSIS)

1



SENSITIVE TEETH

2



TOOTH DECAY PAIN

3



DENTAL TRAUMA

4



TEETHING

5



MOUTH ULCERS

6



DRY MOUTH (XEROSTOMIA)

7



**LESIONS ASSOCIATED WITH
ORTHODONTIC TREATMENT**

8



POSTOPERATIVE CARE

9

The Role of Community Pharmacist in Oral Health

BAD BREATH (HALITOSIS)

Oral hygiene advice

Top tips

- Proper tooth brushing technique and habits
 - ▶ Replace your toothbrush every 3 months
 - ▶ Use a fluoride toothpaste as recommended by your dentist
 - ▶ Brush your teeth 3 times a day for 3 minutes per brush.
- Use a dental floss to clean between the teeth.
- Use a tongue scraper, a toothbrush with a tongue scraping feature or a dental floss to eliminate bacteria on the tongue and improve your mouth's freshness. Avoid using your toothbrush to prevent damage to the tongue.
- Choose a mouthwash containing chlorhexidine and cetylpyridinium chloride in combination with zinc.

Other helpful tips

- Sugar free gum increases the flow of saliva in your mouth and prevents bad breath.
- Drinking enough water keeps your mouth moist, freshens your breath and limits oral bacterial proliferation.
- Bad breath can be eliminated by fresh mint.
- If the problem persists, consult your dentist

Halitosis



Tooth brushing



Mouthwash



Oral spray



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SENSITIVE TEETH

Sensitive teeth



Signs and causes

- Increased sensitivity to cold and hot food (sometimes to sweets).
- Pain after brushing or mouthwash.
- What causes sensitive teeth:

Tooth decay

Cracked tooth

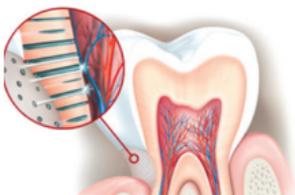
Dental erosion due to acidic foods

Tooth wear due to bruxism

Receding gums

Teeth whitening

To hot and cold



Avoid eating cold food



Oral hygiene advice (after diagnosis)

- Avoid consuming cold and hot food/beverages.
- Avoid consuming acidic foods/beverages and sweets.
- Use a toothbrush with soft bristles.
- Use a toothpaste specially designed for sensitive teeth (a gel rather than a paste).
- Use a mouthwash to treat sensitive teeth.
- In all cases, consult your dentist for a follow-up, dental treatment and management.

Oral gel



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TOOTH DECAY PAIN

Tooth decay



Signs

- Constant and severe pain, especially at night.
- Sensitivity to hot, cold, sweet, acidic foods and beverages.

Acute pain



Warning signs

- Tooth abscess
- Painful glands under the jaw
- Fever
- Less often: sinusitis

Analgesics and NSAIDs



Instructions

▶ *In the absence of warning signs*

- Use mouthwash with warm salted water to reduce edema.
- Use analgesics: acetaminophen and/or NSAIDs.
- Patient should be referred to a dentist.

Consultation



▶ *In the presence of warning signs*

- Patient should be referred to a dentist.
- Avoid using NSAIDs to prevent the spread of infections.

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DENTAL TRAUMA

Pain



Signs

- Pain
- Broken tooth
- Shifting tooth
- Bleeding
- Edema

Broken tooth



Dislocation



Consultation !!



Instructions:

Refer urgently to the dentist

- High risk for complications (Dental dislocation - avulsion- fracture).
- Put the broken tooth in a container with milk, saliva or saline solution but don't scrub it. Go to the dentist as quickly as you can.
- Refer the child to a pediatric dentist.
- **Put a cold compress on the face to reduce swelling and consult the dentist right away.**

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TEETHING

Teething



Signs

- Crying
- Moderate fever ($<39^{\circ}\text{C}$)
- Nappy rash
- Loss of appetite

Teething gel



Instructions after consulting with the child's pediatrician

► *In the absence of warning signs*

- Analgesic administered by rectal route (Dosage adapted to the age and weigh)
- Massage your baby's gum using an oral gel specially designed to relieve pain.
- Give your baby a teething toy to chew on.
- Use a diaper cream in order to treat nappy rash.
- Be aware of side effects (allergy, anaphylactic shock) resulting from substances such as local anesthetic or antiseptic.

Plastic toys



Rubber toys



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MOUTH ULCERS

Mouth ulcers



Signs and causes

- Mouth sores
- Pain
- Burning sensation
- Causes: poorly adapted removable prosthesis, certain foods.

Hand, Foot and Mouth



Instructions

► *In the absence of warning signs*

- Oral gel (antiseptic, anti-inflammatory agent, local anesthetic) can be used in case of multiple mouth ulcers or recurrent ulceration.
- Use a mouthwash specially designed to heal ulcers or Baking soda mouthwash.
- Avoid certain foods/beverages such as coffee and alcohol.
- The most common cause of mouth sores in children is Hand, Foot, and Mouth Disease (HFMD) which is a contagious viral infection common in young children with spontaneous healing.
- Most mouth ulcers don't require specific treatment.

Oral gel



Mouthwash



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DRY MOUTH (XEROSTOMIA)

Dry mouth has numerous causes and can be a temporary or chronic problem. The most common causes of xerostomia are: medication intake (anticholinergic, sympathomimetic), salivary glands diseases, other diseases (diabetes, dehydration), irradiation, aging, removable dental prosthesis, etc.

Drinking water



Mouthwash



Oral spray



Chewing gum



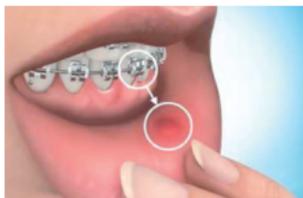
Oral hygiene advice (In case of occasional bad breath)

- Choose a toothpaste with moisturizing agents to hydrate the mouth.
- Use a mouthwash specially designed for dry mouth.
- Use a saliva substitute product or oral spray.
- Improve oral hygiene because dry mouth increase the risk of decay.
- Drink water regularly.
- You can increase the flow of saliva in your mouth by using a sugar-free gum.
- Avoid coffee, alcohol, spicy and salty food, tobacco to prevent dehydration. You can suck on ice cubes, sticks or sorbets.
- **If the problem persists (chronic bad breath), patient should be referred to the dentist or physician.**

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LESIONS ASSOCIATED WITH ORTHODONTIC TREATMENT

Irritations



Instructions

- Use a dental wax to protect your mouth and gums from braces and retainers.
- Use an orthodontic gel to reduce pain and relieve irritated tissue.
- Choose an orthodontic toothbrush and toothpaste to maintain good oral hygiene.
- Use an interdental brush at least once a day after meals to clean in between the teeth.
- Use a fluoride mouthwash to protect gums.
- Improve your oral hygiene.
- Consult the dentist if the braces have to be repaired.

Orthodontic toothbrush



Dental wax



Mouthwash



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POSTOPERATIVE CARE

Postoperative care



Signs

- Pain
- Bleeding
- Edema

Warning signs

- Fever/Nausea/vomiting
- Resistant pain to traditional analgesics
- Prolonged bleeding / Edema

Mouthwash



Oral hygiene advice

Dental hygiene steps should be explained by the dentist. The role of the pharmacist would be to insist on proper use of dental products and oral health advices.

- Use a toothbrush with ultra-soft bristles.
- After a tooth extraction, do not clean the teeth next to the healing tooth for the rest of the day. Brush and floss your remaining teeth.
- Choose a special mouthwash to be used postoperatively (oral antiseptic).
- Avoid hot food and drinks. Do not use a straw for the first few days after surgery.
- Avoid alcoholic beverages/mouthwashes containing alcohol and refrain from smoking.

Ultra-soft toothbrush



Stop smoking and alcohol

