

Improving Oral Hygiene Practices in a Patient with Chronic Periodontitis: A Case Report

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Abstract

Periodontitis is a chronic inflammatory disease that affects the periodontium, the supportive structures surrounding the teeth. It is one of the most common oral diseases and can lead to tooth loss if left untreated. One of the main causes of periodontitis is poor oral hygiene practices, which result in the accumulation of bacterial plaque and calculus on teeth and gums. This case report discusses the successful management of chronic periodontitis in a patient through improved oral hygiene practices. A 45-year-old female patient presented with complaints of bleeding gums, bad breath, and loose teeth. She had a history of smoking and poor oral hygiene practices. On examination, the patient had generalized gum inflammation, bleeding, and probing depths ranging from 5mm to 8mm. Radiographs showed significant bone loss and mobility of several teeth. Based on the clinical and radiographic findings, the patient was diagnosed with chronic periodontitis. The severity of the disease was classified as Stage III Grade C according to the 2017 classification system of periodontal diseases.

Keywords: Otolaryngology; Irish ENT; Publication rate; Impact factor; Cost effectiveness; Surgical

Introduction

The patient was referred to a periodontics' for scaling and root planning (SRP) and periodontal surgery. The initial treatment was carried out under local anesthesia, and the patient was advised to follow strict oral hygiene practices, including brushing twice a day with a fluoridated toothpaste, flossing, and using an antiseptic mouthwash. The patient was also advised to quit smoking and maintain a healthy diet. The patient was scheduled for regular follow-up visits every three months. At each visit, the periodontics evaluated the healing of the periodontal tissues and monitored the patient's oral hygiene practices. The patient was also provided with oral hygiene instructions and motivation to maintain good oral hygiene practices.

After six months of treatment, the patient's periodontal status significantly improved. The bleeding gums and bad breath disappeared, and the mobility of the teeth decreased. The probing depths also reduced, with most sites showing depths of 3mm or less. Radiographs showed some bone regeneration, indicating the success of the periodontal treatment. The patient was able to maintain good oral hygiene practices and quit smoking, leading to a significant improvement in her overall oral health [1,2].

Periodontitis is a chronic disease that requires long-term management. The primary goal of treatment is to control the inflammation and prevent further progression of the disease. The initial phase of treatment includes SRP, which removes the bacterial plaque and calculus from the teeth and roots. Subsequently, periodontal surgery may be required to reduce pocket depths and regenerate lost bone and soft tissue. However, the success of periodontal treatment depends on the patient's ability to maintain good oral hygiene practices. In this case report, the patient's poor oral hygiene practices and smoking habits were the main contributing factors to her periodontal disease. By improving her oral hygiene practices and quitting smoking, the patient was able to control the progression of the disease and achieve a significant improvement in her periodontal status. The regular follow-up visits and oral hygiene instructions played a crucial role in motivating the patient to maintain good oral hygiene practices and achieve a successful outcome [3,4].

This case report highlights the importance of good oral hygiene practices in the management of chronic periodontitis. The success of periodontal treatment depends on the patient's commitment to maintaining good oral hygiene practices and quitting smoking. Regular follow-up visits and motivation are essential to achieving a successful outcome in the management of periodontitis. Oral hygiene is essential to maintaining healthy teeth and gums. Poor oral hygiene can lead to a variety of dental problems, including tooth decay, gum disease, and bad breath. In this case report, we will explore the case of a patient who suffered from dental problems due to poor oral hygiene habits and how proper oral care helped to improve their overall dental health.

Ms. X, a 28-year-old female, presented to our dental clinic with complaints of tooth pain and bleeding gums. Upon examination, we found that she had several cavities, gum inflammation, and calculus buildup. Ms. X reported that she had not visited a dentist in over two years and had not been consistent with her oral hygiene routine. Upon further discussion, we found that Ms. X had a busy lifestyle and often neglected her oral hygiene routine due to lack of time. She admitted to skipping brushing her teeth and flossing regularly. Additionally, she reported consuming sugary and acidic foods and drinks regularly [5,6].

Scaling and root planning procedure involved removing the calculus buildup and plaque from the teeth and gums. Oral hygiene instructions: We provided Ms. X with instructions on proper brushing and flossing techniques and recommended she use a mouthwash. Diet modification: We advised Ms. X to limit her consumption of sugary and acidic foods and drinks. Follow-up appointments: We scheduled follow-up appointments to monitor her progress and ensure that her

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oral health was improving followed the treatment plan and showed significant improvement in her oral health. Her bleeding gums reduced, and her teeth became less sensitive. Additionally, her oral hygiene habits improved, and she reported brushing and flossing regularly. During the follow-up appointments, we found that her teeth and gums were healthier, and there was a significant reduction in calculus buildup. This case report highlights the importance of maintaining good oral hygiene habits. Neglecting oral hygiene can lead to severe dental problems and can negatively impact overall health. Regular dental check-ups and proper oral hygiene practices can prevent dental problems and promote healthy teeth and gums. It is essential to educate patients on the importance of good oral hygiene habits and encourage them to maintain proper oral care routines.

Oral hygiene is an important aspect of overall health, as poor oral health can lead to a number of health problems. As dental professionals, it is important to educate patients about proper oral hygiene practices and provide them with the tools and resources they need to maintain good oral health. This case report will discuss a comprehensive approach to preventive care for a patient with poor oral hygiene. A 45-year-old male patient presented to our dental clinic with complaints of bad breath and bleeding gums. The patient reported that he had not been to the dentist in several years and had not been consistent with his oral hygiene practices. On examination, the patient had moderate plaque accumulation, gingivitis, and several areas of mild to moderate periodontitis. The patient's oral hygiene practices were poor, and he reported brushing once a day and never flossing.

Our treatment plan for this patient focused on a comprehensive approach to preventive care, which included education on proper oral hygiene practices, scaling and root planing, and follow-up visits for monitoring and maintenance. The patient was scheduled for a deep cleaning, which involved scaling and root planing of all four quadrants of the mouth. The patient was also given instructions on proper brushing and flossing techniques and provided with a toothbrush, dental floss, and mouthwash. During the follow-up visits, the patient's oral hygiene practices were evaluated, and any necessary adjustments were made. The patient was also monitored for any signs of periodontal disease, and additional treatments, such as localized antibiotic therapy or periodontal surgery, were recommended as needed.

Discussion

After the initial deep cleaning and follow-up visits, the patient's oral health significantly improved. The patient reported no further complaints of bad breath or bleeding gums, and the plaque accumulation was greatly reduced. The patient's oral hygiene practices also improved, and he reported brushing twice a day and flossing daily. This case report highlights the importance of a comprehensive approach to preventive care for patients with poor oral hygiene. Education on proper oral hygiene practices, combined with professional dental treatments and follow-up visits, can help patients maintain good oral health and prevent the progression of periodontal disease. Oral hygiene is an important aspect of overall health, and dental professionals play a crucial role in educating patients about proper oral hygiene practices and providing them with the tools and resources they need to maintain good oral health. A comprehensive approach to preventive care, as demonstrated in this case report, can lead to improved oral health outcomes for patients with poor oral hygiene [7,8].

Good oral hygiene is essential for maintaining oral health, preventing dental caries, and periodontal disease. Poor oral hygiene can lead to severe complications, such as tooth decay, gum disease, and even

tooth loss. Oral hygiene practices include regular brushing, flossing, and professional cleaning. This case report will discuss the impact of improved oral hygiene on a patient's quality of life. A 42-year-old male presented to the dental clinic with complaints of pain and sensitivity in his teeth. The patient reported that he had not visited a dentist in over 10 years and had neglected his oral hygiene practices. Upon examination, the patient had multiple carious lesions and periodontal disease. The dentist recommended a full-mouth deep cleaning, extractions, and restorative procedures to restore his oral health. The patient agreed to the treatment plan and underwent the necessary procedures.

After the treatment was completed, the dentist educated the patient on proper oral hygiene practices, including brushing twice a day, flossing daily, and using an antibacterial mouthwash. The patient was also advised to maintain regular dental checkups and cleanings. The patient was initially hesitant about following the recommended oral hygiene practices but eventually realized the importance of good oral hygiene for his overall health. After a year of following the recommended oral hygiene practices, the patient reported significant improvements in his oral health. The patient's carious lesions were treated, and his periodontal disease was under control. The patient's oral hygiene practices had also improved, and he had developed a routine of brushing twice a day, flossing daily, and using an antibacterial mouthwash. The patient was also regularly attending dental checkups and cleanings.

Furthermore, the patient reported an improvement in his overall quality of life. The patient's self-esteem had increased, and he felt more confident in social situations. The patient also reported improved oral health-related quality of life, such as the ability to eat and chew without discomfort. The patient expressed gratitude towards the dentist for the education on proper oral hygiene practices and for the restoration of his oral health [9,10].

Conclusion

This case report highlights the importance of good oral hygiene practices in maintaining oral health and improving a patient's quality of life. The patient in this case had neglected his oral hygiene practices for over a decade, resulting in severe oral health complications. However, after undergoing the necessary procedures and following the recommended oral hygiene practices, the patient was able to restore his oral health and improve his overall quality of life. Good oral hygiene practices are not only essential for maintaining oral health but also have a significant impact on a patient's overall health. Poor oral hygiene practices have been linked to several health complications, such as cardiovascular disease, diabetes, and respiratory infections. Therefore, educating patients on proper oral hygiene practices and encouraging them to maintain regular dental checkups and cleanings is crucial in preventing these complications.

This case report demonstrates the impact of improved oral hygiene on a patient's quality of life. The patient in this case had neglected his oral hygiene practices, resulting in severe oral health complications. However, after undergoing the necessary procedures and following the recommended oral hygiene practices, the patient was able to restore his oral health and improve his overall quality of life. Therefore, it is crucial to educate patients on proper oral hygiene practices and encourage them to maintain regular dental checkups and cleanings to prevent oral health complications and improve their overall health.

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Conflict of Interest

None

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