

Short communication

Oral Health Care during Quarantine

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Over a few months, we have isolated ourselves from the outside world in order to slow down the spread of COVID-19. We still don't know when everything is going to normalize. It's a testing time for all of us as most of us are experiencing quarantine for the first time. During this time personal care should be the vanguard of our minds. Nowadays people must take care of their physical health, mental health and encourage good habits to maintain their oral health- a window to overall health since it prevents having to visit the clinic. Dentists face one of the highest risks of contracting the viruses and to flatten the curve the dental professionals are recommended to postpone all elective procedures and carry out only emergency dental care. We should also educate our acquaintances about the importance of our oral health and encourage good dental habits during this period.

Here are a few tips for maintaining good dental hygiene:

- Brush your teeth at least twice a day. Use an electric toothbrush if possible and keep your toothbrush clean.
- Use fluoride-based toothpaste
- Don't forget to brush your tongue to keep your whole mouth clean.
- Floss your teeth at least once a day.
- Gargle with non-alcohol-based mouth rinse to reduce plaque buildup.

Watch your diet, what you eat is also important; avoid sweet food and beverages as much as you can. The more our teeth are soaked in these acids the weaker they become.

Keep yourself hydrated to wash away these acids.

If you feel severe pain and swollen your dentist can also help you with tele-triage. He/she will let you know if your case is an emergency or you can wait until the quarantine is over.

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