

シンポジウム「洗う」

口を洗うとはどういうことか

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Mouthwashes

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Abstract

Mouthwashes is very important on good oral hygin but mouthwash alone is not enough to maintain gingival health, in general poor oral health or oral hygin induced with plaque or dental calculus permits to occur gingival disease and the degrees of gingivitis or periodontitis are determined by the status of the individual oral hygiene and so every persons have to attention to preventing from such oral disease.

Plaque control is the most effective way of preventing dental calculus formation, especially tooth brushing included mouth washes is most important method on the keystone of the prevention of gingival and periodontal disease and on the other, using of dental floss is an effective way of cleansing proximal tooth surfaces also rubber tip for interdental cleansing, wooden tip and plastic tip, etc.