

## EUROPEAN INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH AND MANAGEMENT STUDIES

VOLUME03 ISSUE07

DOI: <https://doi.org/10.55640/eijmrms-03-07-29>

Pages: 203-206



### THE ROLE OF ORAL HYGIENE IN INCREASING THE EFFICIENCY OF DENTAL IMPLANTS TREATMENT

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#### ABOUT ARTICLE

**Key words:** Oral hygiene, implant treatment, dental implants. **Abstract:** This article discusses the role of oral hygiene in increasing the efficiency of dental implant treatment.

**Received:** 20.07.2023

**Accepted:** 25.07.2023

**Published:** 30.07.2023

#### INTRODUCTION

Dental implants are one of the most effective methods of restoring the dentition. However, in order to guarantee the durability and effectiveness of implants, it is necessary to observe the rules of oral hygiene. After implant placement, patients are advised to observe the following hygiene rules:

1. Brush your teeth twice a day with a soft-bristled brush and special toothpaste.
2. Use dental floss or interdental brushes to remove plaque and food debris from between teeth.
3. Use a mouthwash to eliminate bacteria and freshen your breath.
4. Visit the dentist for a professional cleaning and oral examination.
5. Avoid smoking and drinking alcohol, as this can worsen the condition of the oral cavity and damage the implants.

Good oral hygiene is an important factor in preventing the development of infections and inflammation that can lead to the loss of implants. Some studies have shown that poor oral hygiene can lead to the development of peri-implantitis, an inflammatory disease of the tissues around the implant. In addition, oral hygiene can affect the function of the salivary glands. Some drugs, such as levothyroxine, methimazole, and radioactive iodine, can interfere with the salivary glands. Research has shown that proper oral hygiene can help reduce these negative effects and improve salivary gland function.

Relevance. Dental implants are a popular method of restoring dentition, but their effectiveness and longevity depend on proper oral hygiene. Poor hygiene can lead to infections and inflammations, as well as impair the function of the salivary glands. Therefore, it is important to pay attention to the rules of hygiene and visit the dentist regularly for professional teeth cleaning and oral examination. Currently, dental implantology is of great importance among dental reconstructive operations. However, as in other areas of dental science, we have limited information about the features of individual oral hygiene by implant holders. Our attempt to study the issues raised seems to be particularly relevant, since the majority of people have not yet sufficiently formed a culture of rational hygienic care for the oral cavity.

The aim of the study can be defined as the evaluation of the impact of good oral hygiene on the efficacy and durability of dental implants . As part of the study, it is possible to analyze the state of the oral cavity of patients with implants , assess the level of hygiene and identify possible problems associated with insufficient hygiene. You can also study the experience of dentists in the field of implant care and develop recommendations for improving hygiene to increase the effectiveness and durability of implants . Study of the influence of the hygienic state of the oral cavity and the developed complex of hygienic measures on the effectiveness of the treatment of patients with dental implantation.

## **MATERIALS AND METHODS**

For the study, a sample of patients who received dental implants will be used . Patients will be divided into two groups: those who maintain proper oral hygiene and those who do not. Clinical examinations of the oral cavity and an assessment of the level of hygiene using the Plaka index will be carried out . Interviews will also be conducted with patients and dentists to identify experience and methods of caring for implants . The data will be analyzed by statistical methods.

## **Expected results**

Patients who maintain proper oral hygiene are expected to have more effective and durable implants . It is also expected that the experience of dentists in the field of implant care can be used to develop recommendations for improving hygiene to increase the effectiveness and durability of implants. The frequency and frequency of clinical examinations of patients was determined by the main clinical stages of treatment. Of the 35 patients who underwent dental implantation on the basis of the private clinic "Stomatologist and I". We managed to conduct a survey, according to the plan and presented in 24 people, among whom were 8 men and 14 women. Subsequent orthopedic treatment of tooth loss in this group of patients was carried out using fixed dentures. Unfortunately, the rest of the patients, for

various reasons, both subjective and objective, could not complete the examination program and were not included in the subsequent analysis of the study results.

## CONCLUSION

The results of the study may help patients and dentists improve their implant care, which can lead to more successful outcomes and a reduced risk of complications. Also, the results can be used to develop recommendations for improving oral hygiene for patients with implants. This can help improve the quality of life of patients and reduce the cost of treating complications. In general, the study can contribute to the development of dental practice and improve the health of patients. An analysis of information sources convincingly shows that the hygiene of preserved teeth, implants, and superstructures has a significant impact on the processes of osseointegration, rehabilitation after implantation surgery, and the timing of the use of prostheses. Thus, good oral hygiene care in such patients is an important condition for high-quality orthopedic treatment of tooth loss using implants. Indeed, implants are in constant contact with various liquids in the oral cavity (oral, gingival), food. In conclusion, proper oral hygiene is an important factor in maintaining oral health and longevity of dental implants. Patients need to follow the rules of hygiene and visit the dentist regularly for professional teeth cleaning and oral examination.

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