

THE EFFECTIVENESS OF DENTAL FLOSS USE

Bocharova H. K., Diadiun T. V., Baranova I. I.

National University of Pharmacy, Kharkiv, Ukraine

trunovacommodity@gmail.com

Introduction. Proper oral care is essential to maintain the health of teeth, oral hygiene and human health. In our time there is a lot of modern means appeared. One of them - is dental floss, as by means of a toothbrush and toothpaste, not all tooth surfaces can be cleaned efficiently and interdental spaces are often left neglected.

Aim. The purpose of this study is to evaluate the effectiveness of prophylactic action of dental floss to prevent caries and gingivitis, bleeding reduction and elimination of unpleasant odor from the mouth, as well as to explore the range of dental floss.

Materials and methods. The analysis of the pharmaceutical market of dental floss has been carried out and their prophylactic action effectiveness has been studied.

Results and discussion. Dental floss - is an additional tool of oral hygiene, which is used for cleaning the interdental spaces and provides prevention of caries and periodontal diseases occurrence.

There is currently a large number of dental floss, which are classified according to the following parameters: shape flat (for narrow gaps), round (used for wide gaps), belt (used for cleaning teeth with even larger gaps); surface treatment - waxed (wax impregnated), unwaxed (better cleaning), with a special Teflon coating; by the presence of impregnation - not impregnated impregnated (perform, except for the cleaning, treatment and preventive function, preventing dental caries); by purpose - for personal use, for research in conditions of a dental office; by thickness (the thickness of the thread used depends on its purpose and severity of the interdental spaces); by type of material - silk, synthetic fibers (cellulose acetate, nylon).

The issue of dental floss efficiency is currently very relevant. Because its use reduces the risk of caries and gum disease, preventing the accumulation of plaque, which is a sticky film of bacteria, fueled by carbohydrates, which uses in his diet every person. If you let the process take its course, the bacteria eventually begin to erode the tooth surface, that results in occurrence of painful cavities.

Conclusions. The use of dental floss - an important part of oral care in addition to the brush and paste. Proper use of floss helps get rid of bad smell from the mouth, the threat of caries and gum diseases.