

The Importance of Oral Health in Orthodontic Treatment

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Oral Health considered the gate of the Systemic health. Any ignorance to the oral health level will leaving a negative impact during pre and post orthodontic treatment which may leads to local and systemic problems [1,2].

The plague considered the key of the problem in orthodontic treatment. Thus it is very important to have full education and instruction about the importance of diet and oral hygiene for securing the mouth from any problem and preventing the oral and systemic complications as a result of poor oral hygiene caused by orthodontic appliance.

Most of the literatures confirmed the following complications due to the poor oral hygiene during the orthodontic treatment like [1-6].

1. Plaque accumulation around the teeth and organs.
2. Enamel ware, and enamel ware.
3. Teeth caries of different level.
4. Pulp reaction.
5. Root resorption.
6. Teeth mobility.
7. Gingivitis and periodontitis cause by many microorganisms like *Porphyromonas gingivalis* (*P. gingivalis*), *Fusobacterium nucleatum* (*F. nucleatum*), *Prevotella intermedia* (*P. intermedia*) and *Tannerella forsythensis* (*T. forsythensis*). Such type of microorganism and other has great impact on the periodontal structures and also effect on the systemic.
8. Malocclusion.
9. Spacing between the teeth.
10. TMJ problems.
11. Orofacial soft tissue trauma in severe cases.
12. Unsatisfactory treatment outcome.

13. Psychological trauma.

14. Systemic problems.

Thus it is very important to have good Oral hygiene education. The educational component is what enables people to assume their share of responsibility for their own oral health. Any candidate to have orthodontic treatment should have full aware about the importance of the oral hygiene to prevent any above mentioned possible complications.

The daily oral care will be minimizing the possible complication by doing the following daily preventive procedures:

1. Proper brushing.
2. Interdental cleaning.
3. Using of disclosing agent.
4. Daily fluoride mouth rinse.
5. Anti-Bacterial mouth wash.

To prevent such complications, we should be concentrating on the prevention, educational and motivational methods for improving the oral health for orthodontic patients. Prevention is better than curing.

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