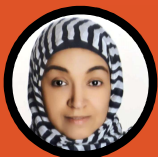
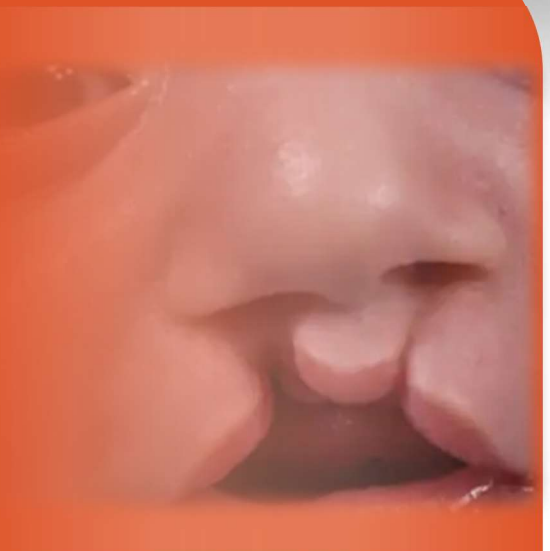


#TeamBahrain



Cleft Lip & Palate

Cleft lip & palate is one of the common congenital facial deformities which is more likely to occur during early weeks of pregnancy before the mother knows she is pregnant. The smoking mother transfers the content of cigarettes (nicotine and tar) to her fetus. People with such deformities need a lot of support and attention, especially children. The family must support the child financially, and physically to help him /her live a good life as well as other children of his/her age.

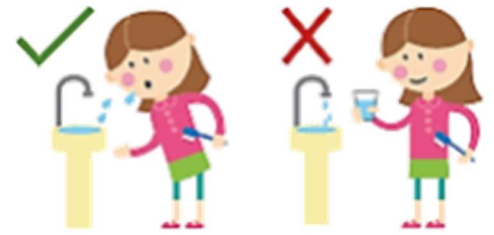


Masooma Al Kalati
Dental Hygienist

Don't rinse after teeth brushing

Brushing your teeth is the cheapest way to take care of your teeth, and it will reduce your need to visit the dentist. All you need is a suitable toothbrush and a toothpaste containing fluoride not less than 500 ppm of fluoride for children under 6 years old & 1000 ppm of fluoride for adults for clean healthy mouth. New studies in dentistry recommended brushing the teeth twice a day to remove food debris and plaque and to spit out after brushing but do not rinse with water, to maintain fluoride concentration.

After brushing your teeth



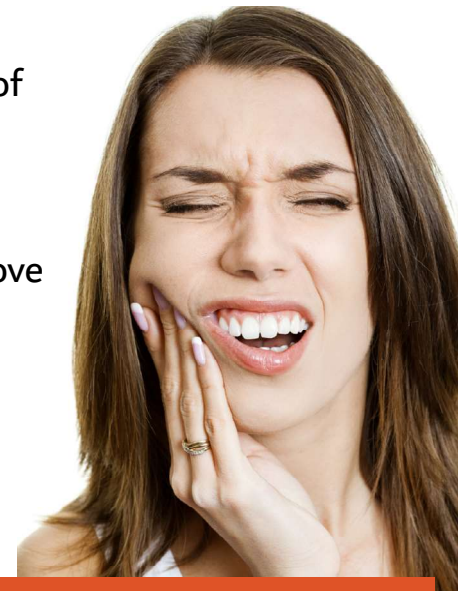
Spit out the toothpaste,
But don't rinse



Dr. Enas Hamad
Dental Consultant

How to Remove the Toothache Temporarily at Home?

- Use analgesics orally e.g: ibuprofen, paracetamol or aspirin. Do not place it directly on the tooth or gums, as this may result in chemical burns to your gums.
- Use anesthetic gel or liquid substances like benzocaine.
- Using saline solution: Prepared by dissolving half a teaspoon of salt in a glass of water, then use it as a mouthwash.
- Ice compresses: Ice packs are placed on the cheek if swollen.
- Using clove oil: by placing a small piece of cotton soaked in clove oil in the decayed cavity.



Dr. Eman Al Mohri
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