

Oral Hygiene
Instructions
in Braille for
Visually
Impaired
Persons



M.C.E. Society's

M. A. RANGOONWALA COLLEGE OF DENTAL SCIENCES AND RESEARCH CENTRE, PUNE

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Oral Hygiene Instructions for Visually Impaired Persons

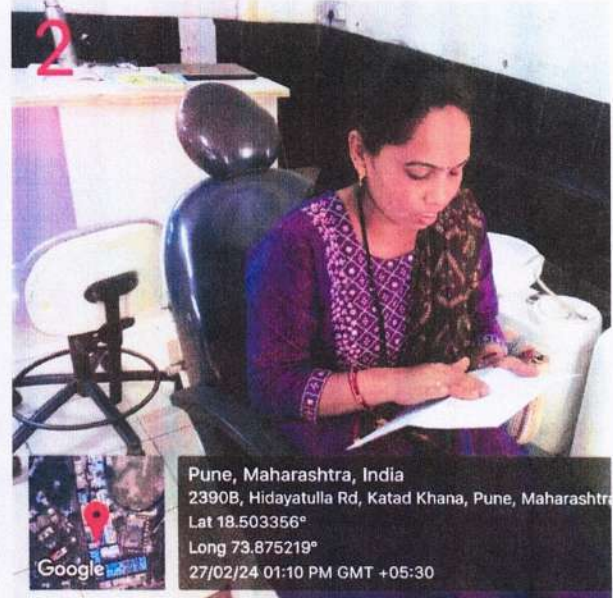
1. Brush your teeth thoroughly twice a day with soft bristle toothbrush.
2. Make it a habit to brush your teeth for at least two minutes.
3. Use fluoridated toothpaste e.g. Colgate, Enafix.
4. Floss daily.
5. Use tongue cleaners to keep your tongue clean and avoid bad breath.
6. Change your toothbrush every two months or when you observe that the bristles are not efficient.
7. Quit tobacco and tobacco products.
8. If your medication causes dry mouth let your doctor know about this.
9. Eat fibrous fruits and vegetables to avoid cavities.
10. Avoid eating chocolates, ice creams and any other sweet products before sleep.
11. Rinse your mouth after every meal.
12. Visit your dentist twice in a year.



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Booklet of Oral Hygiene Instructions in Braille for Visually Impaired Persons



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