

विद्या विहार, रायबरेली रोड, लखनऊ-226025
BABASAHEB BHIMRAO AMBEDKAR UNIVERSITY
(A CENTRAL UNIVERSITY)
VIDYA VIHAR, RAE BARELI ROAD, LUCKNOW-226025
(THROUGH PROPER CHANNEL)

Letter No. 52/UHC/BBAU/26
Date: 27/05/2026

To
The Registrar

B.B,A.U.

Sub: Health Bulletin on Dental Hygiene

Respected Sir,

A Health Bulletin regarding Dental Hygiene is enclosed for general information & benefit for all.

Dr. (Major)  Vikas Srivastava
Chief Medical Officer

Copy to:-

- 1) SO to VC for kind information.
- 2) PS to Registrar for kind information
- 3) Hc website for uploading on University website



DENTAL HYGIENE

Daily Oral Hygiene

1. **Brush Thoroughly**: Brush at least twice a day for a full two minutes using a soft-bristled brush and fluoride toothpaste. Do not forget to gently brush your tongue to remove bacteria.
2. **Clean Between Teeth**: Floss or use an interdental brush daily to clear away plaque and food debris from tight spaces your toothbrush cannot reach.
3. **Replace Equipment**: Change your toothbrush every 3 to 4 months, or sooner if the bristles become frayed.
4. **Diet & Lifestyle**

Cut Down on Sugar: Limit sugary snacks and beverages, which are a primary cause of tooth decay, cavities, and can adversely affect your general health.

Avoid Tobacco: Smoking and chewing tobacco are leading causes of gum disease and oral cancers. Eliminating these products significantly boosts your oral health.

Professional Care

Routine Check-ups: See a dentist at least once a year for a comprehensive check-up and professional cleaning. If you are prone to cavities or gum disease, you may need to visit every six months.

Medication Awareness: Always inform your dentist about any medical conditions (such as diabetes) and a complete list of your current medications, as certain drugs can cause dry mouth and increase dental risks.

Contd.



(2)

When to See a Dentist Immediately

Seek prompt evaluation if you experience any of the following warning signs:

1. Persistent tooth pain or a dull ache in the gums.
2. Bleeding while brushing or flossing.
3. Swelling of the gums, face, or jaw.
4. Loose teeth or difficulty chewing.


Dr. (Major) Vikas Srivastava
CMO, BBAU