



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



TEACHING CHILDREN PROPER FLOSSING TECHNIQUE ATTBR CAMP TALOJA URDU SCHOOL, VALAP, PALEBUDRUK, ADAI

Date: 16th July 2025

Venue: TBR Camp, Urdu School, Valap, Palebudruk, Adai, Taloja

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS unit of MGMDCH; The Breakfast Revolution

Number of Students attended: 4

To teach the flossing technique, provide an approximately 18-inch piece of floss and wrap most of it around the middle fingers of both hands, leaving about 1-2 inches of working space. Guide the floss gently between the teeth with a sawing motion, curve it into a "C" shape against the side of one tooth, and slide it up and down from the gum line, repeating on the other side of the tooth. Use a clean section of floss for each tooth to clean all surfaces, including behind the back molars. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at Taloja with the intention of providing proper flossing technique.

Aim and Objective:

1. To create awareness about the significance flossing in maintaining good oral health.
2. To educate children on the proper flossing technique application

Method:

The Spool Method

This is the most common method for teaching flossing techniques.

Prepare the floss: Break off about 18-24 inches of floss.

Wrap and hold: Wrap most of the floss around one middle finger, and the remaining floss around the middle finger of your other hand.

Create working space: You should have about 1-2 inches of floss between your thumbs and index fingers.

Guide the floss: Gently slide the floss between your teeth using a light, sawing motion.

Curve around the tooth: Curve the floss into a "C" shape to hug the side of the tooth.

Move the floss: Slide the floss gently up and down, moving it under the gum line.

Clean both sides: Repeat the process on the other side of the same tooth.

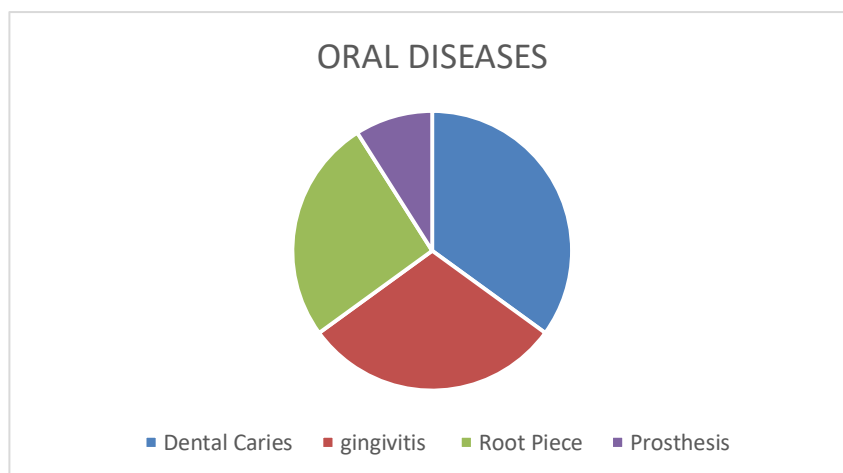
Move to the next tooth: Use a fresh section of floss by unwinding from one finger and wrapping around the other as you move from tooth to tooth.

Finish all teeth: Continue until all teeth in both arches are flossed, including the back surfaces of the last molars.

Oral health education on pregnancy related dental issues was given to patients using models, posters and charts. Educational sessions will include demonstrations of proper brushing and flossing techniques, dietary recommendations, and guidance on managing pregnancy-related oral health concerns such as gingivitis and tooth sensitivity. An examination was carried out with the use of tongue depressor. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and how pregnancy affects the oral health status

ORAL HEALTH STATUS:

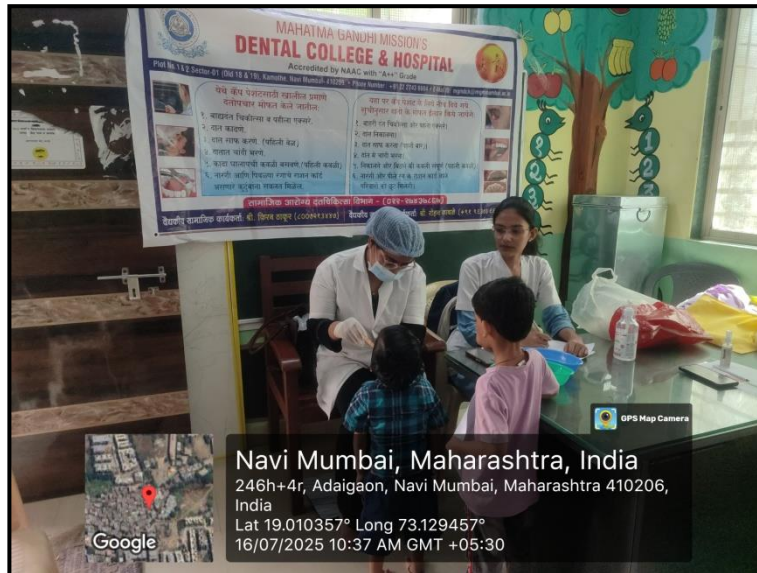
Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	112	36
2.	Gingivitis	101	32
3	Root piece	67	22
4.	Prosthesis	31	10



Observations: A total of 311 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

Interpretation and Conclusion:

1. A significant number of participants exhibited poor oral hygiene practices, including irregular brushing and a lack of knowledge about dental issues such as gingivitis and tooth sensitivity.
2. Many children were initially unaware of the correct flossing technique but showed significant improvement after the session. Hands-on practice helped them gain confidence in flossing independently. The camp successfully reinforced the importance of daily flossing in preventing dental problems. Parents and teachers were encouraged to monitor and reinforce these habits at home. Future camps should be conducted to ensure continuous reinforcement of good oral hygiene habits.



Oral screening done at the camp site

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Vaibhav Thakkar
Name of Interns & Students	
2.	Khadija Javed
3	Ishika Shetty
4.	Karishma Bhanushali
5.	Jupneet Kaur