



PREVENTION OF DISEASES OF THE ORAL MUCOSA IN CHILDREN

Rasulova Mohigul Matyakub kizi
Bukhara State Medical Institute

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Abstract : The mucous membrane of the mouth is an indicator that reflects the work and condition of the internal organs and systems of the whole body. Inflammatory diseases of the mucous membrane of the oral cavity are pathologies that affect patients of different ages. The inflammatory pathology of the mucous membrane, like other diseases of the mouth, causes a certain discomfort to the sick person and disrupts the usual rhythm of life: speech, eating, sleeping. Doctor of medical sciences, professor Andrey Vladimirovich Sevbitov noted that the inflammatory process in the mucous membrane of the oral cavity can be under the influence of various factors: (bacterial, viral, infectious, traumatic, etc.).

Oral hygiene consists of hygiene of teeth, tongue, gums, oral mucosa. A healthy oral cavity without various stains, tartar, intact enamel layer, clear and white, caries-free teeth, pale pink, non-bleeding gums, bad odors, stomatitis, rashes and sores is counted.

Stomatitis is an inflammation of the mucous membrane of the mouth. Against the background of a sudden or viral infection, the child refuses to eat even his favorite food, his temperature rises, his saliva flows 2-3 times more than usual.

Stomatitis is a viral, bacterial or fungal infection of the oral mucosa. Stomatitis is caused by a widespread viral infection, complications of a viral infection, the result of an injury (biting the tongue) or the child putting various unclean objects in his mouth.

What should be treated?

Treatment of stomatitis is carried out by rinsing the oral cavity with antiseptics, antibiotics, antifungal and healing agents. The first thing to do when stomatitis occurs is to give the child painkillers ("Ibuprofen" or "Paracetamol") even before consulting a doctor. After examination, based on the nature of stomatitis, the doctor recommends the necessary anti-inflammatory, antibacterial or antifungal dental gel or ointment.

How to treat stomatitis in children?



Unfortunately, stomatitis also occurs in children. If so, try to show the child to a pediatrician as soon as possible. Only he will prescribe the appropriate treatment.

Do not use traditional recipes for treatment without consulting a doctor.

1. After the sores disappear, treat the child's oral cavity with sea buckthorn oil or Kalanchoe juice to speed up healing. Every four hours, sprinkle the oral mucosa with a solution of potassium permanganate or peroxide.

2. If your child has fungal stomatitis, it is recommended to create an alkaline environment in the mouth by wiping the mouth with a solution of baking soda. To prepare the solution, dissolve a spoonful of soda in a glass of cooled boiled water.

3. In case of traumatic stomatitis, disinfect the oral cavity with a natural antiseptic - chamomile or sage solution.

4. Irrigate the oral cavity regularly with the help of a rubber bulb. The doctor may prescribe an ointment or gel that relieves the pain.

5. It is not recommended to use bright green in the treatment of stomatitis. This drug destroys microbes, but can burn the mucous membrane, which increases pain and contributes to the development of the disease. Iodine solution is also included in the list of prohibited products.

Some experts insist on treating not stomatitis itself, but the causes that provoke it. At the same time, they advise against self-medication, because the child's body is very delicate.

Self-interference can lead to a change in symptoms, which complicates the diagnosis of the disease. After self-healing, stomach ulcers often turn into serious forms.

In addition, in case of stomatitis, it is necessary to rinse the mouth frequently with antiseptic solutions. In very young children who do not yet know how to gargle (spit out liquid in the mouth), antiseptics can be dripped into the lungs or the mucous membrane can be carefully wiped with an antiseptic solution.

It is also required to pay special attention to the diet of a child with stomatitis. If the child is breastfed, the main food for stomatitis will be mother's milk. For older children, it is best to give liquid/pureed food at a temperature that is comfortable for the child.

As a result of properly selected treatment, the child's condition will improve within the first 24-48 hours after the start of therapy, and stomatitis will disappear completely within 5-7 days.

What to do to prevent?



A few months after the birth of the child, milk teeth begin to appear. They are usually 20. Permanent teeth are 28 or 32. Some may not even have wisdom teeth. In modern dentistry, 28 teeth are considered normal. As soon as the child is conscious, parents should teach him to brush his teeth with a toothbrush or by hand. It is very important to pay attention to the teeth from the time they are formed.

It is advisable to wash twice a day - in the morning and in the evening, after eating. In fact, there are many people who do not follow this rule, which should become a very simple and indispensable daily need, and brush their teeth only once or not at all.

Some people follow this rule incorrectly. Before breakfast, they brush their teeth and continue their day. Brushing your teeth when you wake up in the morning is not bad. Someone makes this choice for aesthetics, and someone makes it convenient. But brushing after eating helps to remove various debris that gets stuck in the tooth bases. Leftovers of food in the teeth lead to various dental diseases, starting with caries.

It is also recommended to rinse the mouth 2-3 times a day with special liquids that protect the mouth from various microorganisms, and to use special threads that clean food residues.

— Is there a criterion for choosing toothbrushes?

It is better to choose a toothbrush depending on the age and the condition of the oral mucosa and teeth of each person.

Toothbrushes with medium hardness are usually recommended. Those who have problems with milk and teeth should use the advice of a dentist in this selection.

It is very difficult to prevent stomatitis in young children. First of all, children put everything in their mouths, and this is also required for their development, there is no need to prevent it. Secondly, children often catch colds, stomatitis often occurs as a result of ARVI. Thirdly, stomatitis during teething occurs against the background of damage to the mucous membrane as a result of aggressive use of teeth.

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