# BOH-01: GIVING BASIC ORAL HYGIENE INSTRUCTIONS

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1. Gather materials for giving oral hygiene instructions and place in plastic bag:
   - Basic Oral Hygiene course on the computer or
   - Internet connection for taking course online
   - Small rinsing cup and access to water
   - Hand held mirror or mounted mirror
   - 2-Tone Disclosing Solution and cotton swab to dab solution onto the teeth
   - Soft toothbrush
   - Dental floss
   - Floss thread

2. Explain to your patient that you are going to review how to care for the mouth so that your patient will not have bad breath, not develop cavities, and not develop gum disease.

3. Have your patient take the short Basic Oral Hygiene pretest on the computer.

4. Watch Chapters 1 through 4 in the BOH Course taking the interactive quizzes.

5. Have your patient use a cotton swab and disclose the plaque on their teeth with the 2-Tone disclosing solution and rinse.

6. Using the hand mirror have your patient point out to you the disclosed plaque areas in his or her mouth.

7. Play the appropriate movies on brushing, Chapter 5 if your patient does not have braces or Chapter 7 if your patient does have braces.

8. Have your patient brush guiding his or her hand to do it properly.

9. Play the appropriate movies on flossing, Chapter 6 if your patient does not have braces or Chapter 7 if there are braces.

10. Have your patient floss throughout the mouth with your help guiding him or her.

11. Have your patient disclose again and rinse.

12. Both of you check for plaque and remove it if there is any.

13. Discuss with your patient what you have covered and verbally quiz your patient.

14. Have your patient take the short BOH post-test that is appropriate for braces or no braces online or on your computer and print the result.

15. Give your patient a reward for doing well and make complete notes in the Treatment Record. At the next appointment review oral hygiene procedures and reward your patient if oral hygiene levels are improved and if there is no gingivitis.