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**Journal of Prosthodontics Dentistry (JOPD)**  
**An Official Publication of Bureau for Health & Education Status Upliftment**  
 (Constitutionally Entitled As Health-Education, Bureau)

JOPD

## Mouth Mask : A Blessing Or A Curse For Oral Health

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### Abstract

In the current situation of CoronaVirus Pandemic 2019, everyone is supposed to wear a mouth mask for safety and precautionary purpose in/outside of a clinic as well but this continuous use leads to coverage of mouth with different types of mouth masks like 3 ply surgical masks, N95 masks and mask manufactured from cloth may turn into a dense barrier which is capable of obstructing the normal breathing pattern of a person and turn the person into a mouth breather as a result to obstructed nasal breathing. Keeping in mind the fact that mouth breathing is capable of affecting oral flora to a manner where the gingival health may get affected, chances of carries can be increased or halitosis may also get induced. Hence the purpose of this research is to see if this continuous wear of mouth mask is affecting our oral health, if yes then the severity to which our oral health is getting affected, if people are facing any alteration in their oral health or any other difficulty due to this and lastly if their health is getting affected then the measures to reduce these altered modifications and preserve the health. For this research a survey was conducted which was circulated amongst all age groups and people of different professions of a particular region in the digital format.

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Quick Response Code:

Received on 30/05/2021  
 Accepted on 08/06/2021 © HEB All rights reserved

