



## 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](mailto:mgmdch@mgmmumbai.ac.in)



### **IDENTIFYING UNSAFE DIY DENTAL TRENDS AT SHREE NARAYAN BABA CHARITABLE TRUST**

**Date: 05<sup>th</sup> February 2026**

**Venue: Shree Narayan Baba Charitable Trust, New Panvel**

**Faculty Incharge: Dr. Swati Singh , Dr. Aishwarya Patil**

**Organizing Agency: Department of Public Health Dentistry, MGMDCH,, Shree Narayan Baba Charitable Trust**

**Number of Students attended: 4**

In recent years, the popularity of social media platforms has led to the rapid spread of various Do-It-Yourself (DIY) dental trends. Many individuals attempt to perform dental procedures at home based on online tutorials or short videos without understanding the associated risks. These practices may include filing teeth using nail files, attempting gap closure with rubber bands, using chemical agents for teeth whitening, or fixing dental accessories with adhesives. Such unsafe practices can result in irreversible damage to teeth, gums, and surrounding oral tissues.

To address this issue and create awareness, an educational camp on identifying unsafe DIY dental trends was conducted by interns from MGM Dental College and Hospital at Shri Narayan Baba Charitable Trust, Panvel. The camp aimed to educate participants about the dangers of self-performed dental treatments and emphasize the importance of seeking professional dental care.

#### **Aim and objective:**

- To create awareness about unsafe DIY dental practices commonly seen on social media.
- To educate the public about the potential risks and complications associated with such trends.
- To encourage individuals to consult qualified dental professionals for dental treatments.
- To promote safe oral health practices and proper oral hygiene habits.
- To help participants identify misleading or harmful dental information available online.

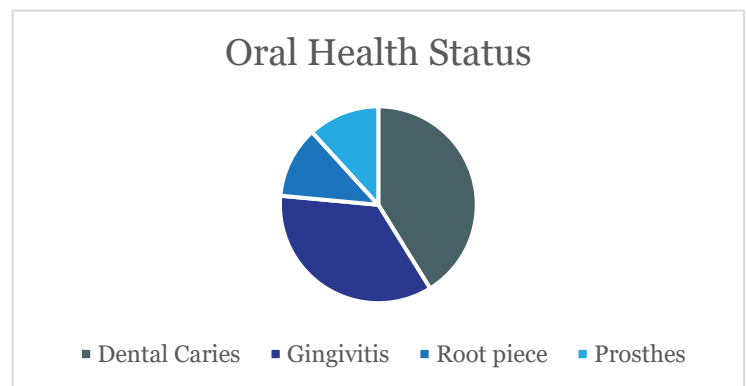
### Method : TYPE 3 EXAMINATION

- The examination was done using mouth mirrors and appropriate illumination.
- Participants were gathered and provided with an introductory session on oral health and the concept of DIY dental trends.
- Educational talks were conducted using charts and visual aids to explain common unsafe dental practices seen on social media.
- Examples of harmful DIY dental procedures such as tooth filing, rubber band braces, and chemical whitening were discussed along with their potential risks.

### Observation:

- Many participants were aware of several dental hacks and cosmetic dental trends circulating on social media.
- Some individuals believed that these DIY methods were safe and cost-effective alternatives to professional treatment.
- Awareness about the possible complications of such practices was limited among the participants.
- During the session, educational materials and demonstrations were used to explain the harmful effects of unsafe DIY dental trends.
- Participants showed interest in learning about safe dental care methods and asked questions regarding professional dental treatments and preventive oral health **practices**.

Condition	No. of individuals	Percentage %
Dental caries	7	52
Gingivitis	6	42
Root piece	2	3
Prosthesis	2	3



### Interpretation and conclusion:

- It was interpreted that dental caries was most commonly seen followed by gingivitis.
- The camp revealed that a considerable number of people are influenced by social media trends related to DIY dentistry, often without understanding the serious consequences associated with these practices.

Unsafe procedures performed at home can lead to enamel damage, gum injury, tooth sensitivity, infection, and even tooth loss.

- The awareness program successfully educated participants about the risks of such practices and highlighted the importance of professional dental consultation. The camp helped in dispelling misconceptions and encouraged individuals to adopt safe and scientifically approved dental care methods.
- Such educational initiatives play a vital role in promoting oral health awareness and preventing harmful self-treatment practices within the community.



Oral examination at the camp site

Sr. No	List of Participants
<b>Name of faculty</b>	
1.	Dr. Swati Singh
2.	Dr. Aishwarya Patil
<b>Name of Interns &amp; students</b>	
3	Benita Richard
4.	Amjali Jadhav

**List of Attendees**

5.	Dhaval Patni
6.	Priyanshu Palwe