

Sewak



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

الخطوة الأولى لصحة عائلتك
The First Step to your Family's Health

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Prophet Mohammed, Peace be Upon him, says, 'Sewak disinfects the mouth and pleases God.' Sewak is stressed supererogation for men and women.



AlArak stick is extracted from a continuously green tree called ARAK. Arak grows in Saudi Arabia, Sudan, and Yemen. It contains fluoride and an astringent material that reduce gingival inflammation, as well as a bleaching material.

How to use Sewak?

Sewak is trimmed by a knife to remove the outside layer (the) bark



It should be cleaned and moistured in the mouth

It should be placed in the area between the tooth and the gum, then move in a circular way and upward.



This movement is repeated for every tooth

The inner surface of the teeth can be cleaned by placing Sewak in a sloping way thus covering the tooth you need to clean

The tongue can be cleaned by Sewak through backward-forward movement