

SIMPLE STEPS FOR HEALTHY ORAL HYGIENE



Make your oral hygiene a priority!



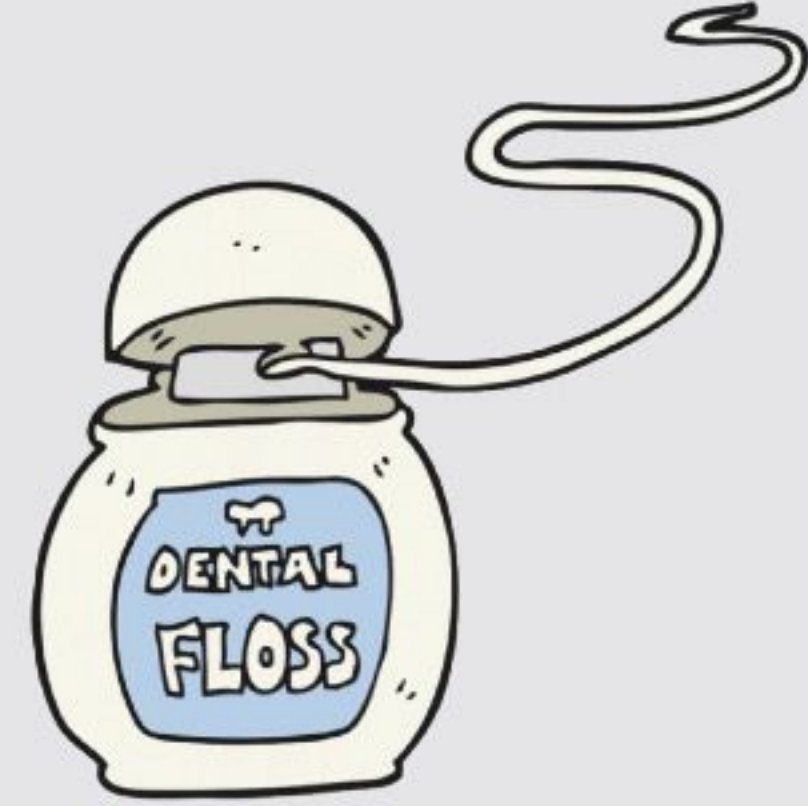
1 BRUSH AT LEAST TWICE A DAY

The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth. Soft bristles are kinder on your gums.



2 FLOSS EVERY DAY

Flossing is not just for getting those little pieces of Chinese food or broccoli that may be getting stuck in between your teeth," says Jonathan Schwartz, DDS. "It's really a way to stimulate the gums, reduce plaque, and help lower inflammation in the area." Flossing once a day is usually enough to reap these benefits.



3 CONSUME CALCIUM

You need plenty of calcium for your teeth. It is essential for the teeth as well as your bones. It is better to drink milk, fortified orange juice and to eat yogurt, broccoli, cheese, and other dairy products. You can also take a calcium supplement, taking different doses according to your age and necessity as per prescription.



4 REPLACE YOUR TOOTHBRUSH OFTEN

Most dentists, and the American Dental Association (ADA), recommend changing your toothbrush every 3 months. Overtime, toothbrushes go through normal wear and tear and become less effective with removing plaque from teeth and gums. Studies have found that around 3 months is when the bristles break down and lose effectiveness.



5 USE MOUTHWASH

Mouthwash is rarely used as it is widely misunderstood. However, it is just as important as dental floss because it penetrates those areas where a toothbrush falls short. Aside from that, it also adds essential minerals to the teeth, kills harmful bacteria, and neutralizes acid formation.



6 LIMIT INTAKE OF SODAS AND ALCOHOL

Most sodas contain phosphoric acid and citric acid, which are both very bad for oral health. Every time you drink a can of soda, the acids in the drink can soften the enamel of your teeth. This increases the risk of cavities and tooth decay over time.

