



5 Oral Care Tips

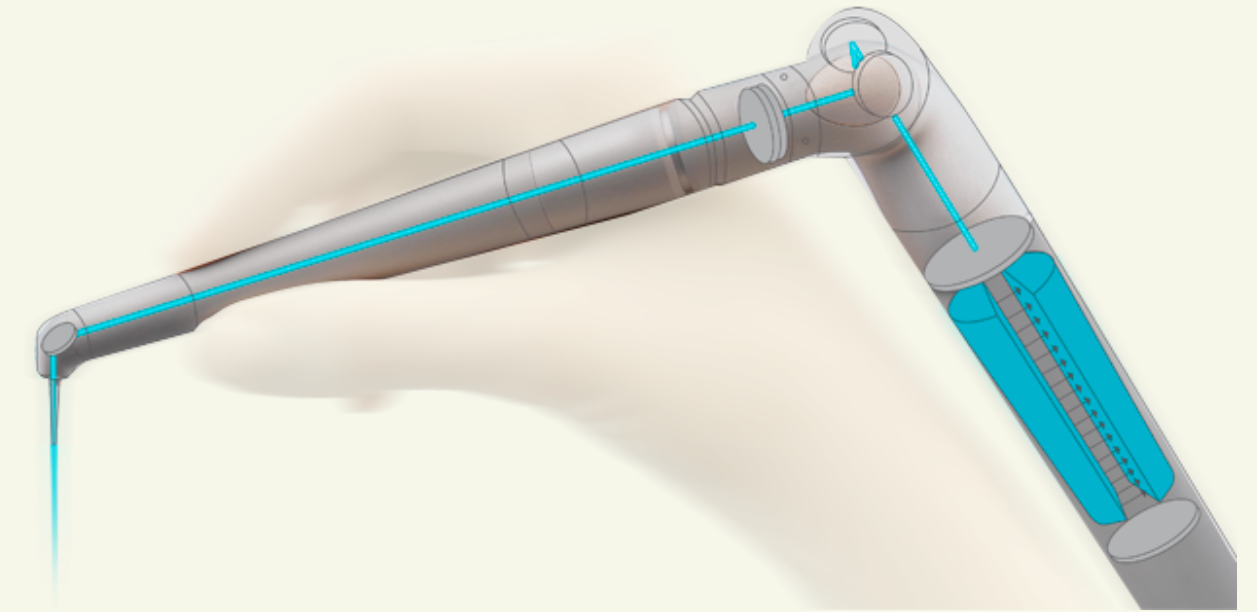
**Dr Malvika jain Shanti Gopal
Hospital**



Diwali is the festival of light and celebrated in India before the beginning of the winter season. There is no doubt in saying that Diwali is the time for savoring the sweet delicacies, crackers, fun, and joy as well. Sweets are not good for oral health but by following a simple regime, you can enjoy this festive season without facing any dental problem. We all better know that we can't avoid sweets at the time of festivities so here is what you need to follow to keep your smile healthy. If you are suffering from any dental problem then never ignore them and visit Dr. Malvika Jain Dental Clinic.

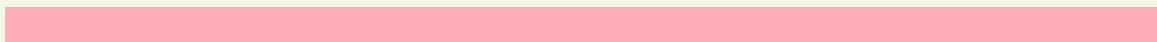


Sweet Overdose During Festival?



1) The excessive indulgence can sometimes take a toll on your teeth and cause tooth sensitivity and other oral-health related problems. But don't worry as there is no need to go for a sweet detox just follow proper brushing techniques and floss at least once in a day.

2) It is impossible to say no to Gujiyas and malpuas so brush your teeth at least two times a day. When you forget to brush, the sugary components remain stuck on your teeth for a long period and may lead to a cavity. If you are using the same toothbrush from the 6 months then change it as soon as possible.



3) You need to avoid those food items which are high on artificial coloring and preservatives. If you feel that your teeth are stained and you want to keep those stains away then you should switch to a whitening toothpaste that is recommended by your dentist.



4) Festivities are incomplete without delicious sweets, therefore, indulging in hordes of sweet treats may sometimes give a short sharp twinge on your tooth. Therefore, it would be a good idea for switching to tooth sensitivity toothpaste so that you can enjoy the treats without worrying about sensitivity.

- 5) It is necessary to keep you hydrated. So, drink a lot of water and fresh juices in small intervals. It would be a good idea to drink a lot of water before snacks and meals. By following this strategy, you will experience a feeling of fullness and prevents you from over-indulging on snacks. Drinking water after meals will flush off the food residue and also avoid plaque formation on your teeth.

- 6) Sweets do not cause tooth decay. But at various times, rinsing the mouth is not sufficient to get rid of sugary remains in the mouth. So, dentists recommend you to eat desserts before meals as it will reduce the risk of teeth related problems.

- 7) Pay attention to your tongue as it might be responsible for that extra horrendous smell from your mouth because it attracts a lot of bacteria. So, take a tongue cleaner and scrape it all away.

- 8) After every 12 hours, you need to wash your mouth with a mouthwash. Don't forget to drink lots of water to avoid the accumulation of bad bacteria in your mouth.
- If you still experience any kind of problem with your teeth then head to the Dr. Malvika Jain Dental Clinic before it is too late.

