

5 TIPS FOR A HEALTHIER SMILE

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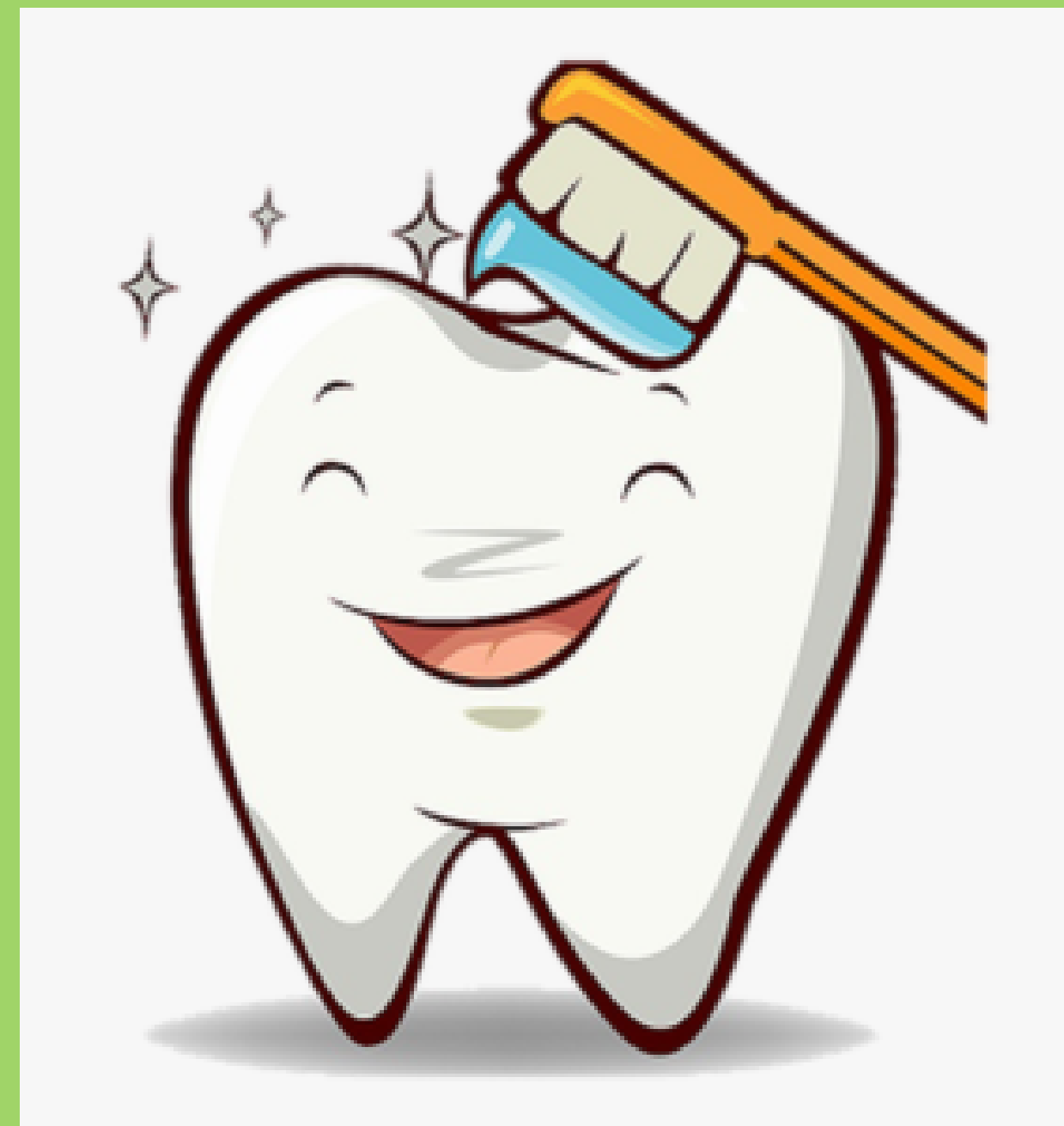
Visit your family dentist regularly

If you want to make a long-lasting impression on everyone then a bright and healthy smile can do wonder. According to dentists, 50% of people say that a smile is a feature they notice first about another person. In this post, we've put together a list of top tips that you can use to get your mouth in optimal shape as well as gain a healthier smile without making tough efforts. Healthy teeth and gums are one of the important parts of overall health and well-being so you should never ignore any concern related to your teeth.



Brush your teeth after each meal

ANY PAIN IN YOUR TEETH OR MOUTH MUST BE SEEN BY A DENTIST AS SOON AS POSSIBLE OTHERWISE YOU MAY EXPERIENCE ITS NEGATIVE CONSEQUENCES. IGNORING SERIOUS PROBLEMS LIKE CAVITIES OR GUM PAIN COULD YIELD ITSELF TO MORE SIGNIFICANT PROBLEMS HENCE YOU SHOULD NEVER IGNORE TEETH PROBLEMS. ADDRESSING THEM IMMEDIATELY WITH YOUR DENTIST COULD SAVE YOU MONEY AS WELL AS OTHER COMPLICATED DENTAL PROBLEMS IN THE LONG RUN.



Eat a teeth healthy diet

Proper oral hygiene is a vital part in maintaining healthy teeth. It means you have to brush after every meal, or at least twice a day. If possible, make sure you're using a soft-bristled toothbrush as it will not damage the enamel and gums.



Floss

What you eat affects your teeth, especially when the foods are sugary and highly acidic.

So, always eat teeth-healthy foods to protect the enamel and prevent bacteria from forming and spreading throughout the mouth. Chicken, cheese, nuts, milk, fruits, and vegetables are the best example of teeth-healthy foods.



Flossing is a very important aspect of proper oral hygiene. Regular flossing can modify cavities, forbid bad breath, and keep teeth pearly white!

Cut back unhealthy habits

Drinking liquids like wine, coffee, and tea are all acidic, cause stains, and wreck havoc on your teeth. Also, an overabundance of sugary foods and drinks like soda, candy, juices, and chocolate increase the growth of bacteria. These foods are often hard to avoid, and moderation is key. Try drinking through a straw to lessen the exposure of your teeth to harsh liquids, and rinse or brush immediately afterward. If possible then try to replace your coffee or tea with water.



Practice good dental hygiene

To keep your teeth in pristine condition, it is important to have a healthy dental routine. Brush twice daily as well as floss to eliminate those bacteria that sit on and in between your teeth that contribute to tooth decay. Don't forget the mouthwash for extra bacteria-killing properties as it is one of the important steps to keep your teeth healthy and stain-free.



Rinse with mouthwash

Mouthwash not only makes your breath smell fresh but also protects your teeth and gums by killing bacteria. To get optimal results, rinse at-least once in a day for 30-60 seconds.



Follow these tips strictly to maintain a healthy smile as a great smile only starts with you. To learn more about teeth whitening or to schedule a cleaning, just contact our dentists as soon as possible to book an appointment.



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