

M.S.C. Dentists in Birmingham

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Easy Tips for Dental Health

There are a number of things that we can all do to make sure our teeth stay in a healthy condition. As this blog should make clear, doing this needn't be complicated. Follow this easy guide and discover simple ways to ensure you have healthy teeth.

Brushing

Without applying too much pressure, it is important to brush your teeth twice every day. Two minutes is the recommended time that you should brush your teeth for. It is also recommended that you brush your teeth after every meal. Consider carefully the type of toothbrush you use and maybe think about using an electric toothbrush. These offer greater efficiency when it comes to cleaning, especially due to the fact that they can make contact with areas that are difficult to reach.



Make sure you choose the best toothpaste for you, as there are many types available. Make sure that your toothpaste contains fluoride, as this strengthens the teeth and helps prevent tooth decay.

Likewise, mouthwash and flossing can be very helpful for keeping a healthy mouth. Mouthwash can be used to freshen breath, disinfect the mouth and fluoridate the teeth. Flossing helps extract pieces of food lodged between your teeth, cleaning areas that a toothbrush cannot reach and helping to protect against gum disease.

Eating and Drinking

Be sure to limit the amount of sugary food and drinks you consume, as high-volumes of sugar and starch in your diet contribute to elevated levels of acid in your mouth which undermines your dental standards. Alcohol is one type of drink to be wary of, as it has the potential to deteriorate the surface of teeth which can cause the loss of enamel.

One drink that can actually be of benefit to your teeth is water. This is because water is free from sugar and it can be used to clear your teeth of any food particles, which, if left lodged between your teeth, could cause decay or plaque.

Another method of improving your dental health is by eating a varied diet that includes a large quantity of vitamins and minerals. Doing this helps to provide a defence against gum disease. Calcium is also an important part of diet, as it improves the strength of your teeth. Calcium rich foods include cheese, yoghurt and soybeans. Vitamin D aids your body's absorption of calcium.

Regular Visits to the Dentists

This is critical to maintaining the standard of your dental health and can allow for early detection

of problems with your teeth. This, in turn which helps you to avoid elaborate and costly treatment for problems that could have been spotted before they were allowed to develop.



Your dentist can also recommend habits that you can instill to improve your dental health, and point out any current habits that you may have that could be deleterious to your dental health.

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Sealants

These thin, protective layers applied to the chewing surfaces of teeth can protect teeth from decay. Enquire with your local dentist to find out more about sealants and how they can help you.

Taking Care of Sensitive Teeth

Use a brush with soft bristles, a toothpaste for sensitive teeth and brush gently if you suffer from sensitive teeth. Be careful with acidic and sweet food and drink because they can contribute towards sensitivity. Consider consulting your dentist if the sensitivity persists.

Maintaining Saliva



Saliva is a key part of keeping your teeth healthy. In the absence of saliva, a dry mouth develops which can cause problems with your dental health. Saliva is important for maintaining the pH of your mouth, ensuring that the acids that attack your teeth are neutralised. Consulting a doctor is the best step towards alleviating the causes of dry mouth.

Refrain from Smoking

Stopping smoking will increase the health of your teeth, not to mention your overall health. Toothpaste designed to prevent the staining and bacteria from smoking is available for those that

smoke. Remember, your oral health is very closely linked to your overall health, which makes smoking that extra bit more harmful. Help is available for those who wish to stop smoking from your doctor or dentist.

Seek Medical Advice About Acid Reflux Symptoms

Due to the fact that acid reflux symptoms or GERD can damage the enamel of your teeth, it is wise to seek advice from your doctor to help gain control over the symptoms.

Keep Your Teeth Protected

Keep your teeth in a healthy condition by not using teeth for opening or holding things. Be aware also that mouth piercings can damage teeth. The use of mouth guards during sports activities is also advised.

Sugar-free Gum

This helps create saliva which alleviates oral dryness and assists in the neutralisation of plaque acids and in maintaining the mineralisation of teeth.

Taking Care of Your Braces

Brush your teeth after mealtimes, making sure you brush your braces at the same time. When you do this, take out the removable parts including the elastics without interfering with the wires. Flossing before and the use of mouthwash after brushing is also advised.



Foods that are softer should be favoured in the first few days after brace fitting, while hard and sticky foods should generally be approached with caution. Try to lessen your consumption of sugary food and drink, and consult your dentist if you experience any difficulties with your brace. Get in touch with your dentist if you feel any pain in the first couple of days of having your brace fitted, or if you break or lose your brace.

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