

Your smile is one of the first things others notice about you, so it's easy to see why dental care is so important. However, it's about more than simply having a mouth filled with pearly white teeth. Proper dental care promotes the strength, cleanliness, and longevity of your teeth. Read on for excellent tips.



When brushing, you want to make sure that you are using the proper equipment. You want your brush's bristles to be soft and comfortably fit your mouth. If you have pain in your hand or wrist that prevents you from brushing with a traditional toothbrush, give an electric brush a try.

If you notice a twinge of pain in one or more of your teeth, make an appointment with your dentist as soon as possible. These twinges are indicative of a crack or chip in the enamel, and are more common in people where fluoridated water is not common. It is so important to address the problem

quickly because even a repair will not restore the enamel to its original strength. The longer you wait, the more likely it will be that you need a root canal or further intervention.

Certain foods are just plain bad for your teeth. You shouldn't have foods that have lots of sugar like sweets. Do not drink very hot or cold drinks, including coffee, to keep your teeth white. A straw will help lessen the damage to your teeth.

While flossing is very important, make sure you do it gently. If you floss too hard, you can cause gum pain, irritation, swelling, and bleeding to occur. To get rid of plaque without harming your mouth, gently slide the floss back and forth in between your teeth. Follow the curves of each tooth in an up and down motion.

Small kids may be scared to go to the dentist. Help them to see a dentist as their friend. Finding a dentist that is kid friendly is important for the comfort of your child.

Do you have bad breath? You should clean your tongue more regularly. Invest in some tongue scrapers and use them after each meal to remove bacteria from your tongue. Rinsing your mouth with an anti-bacterial mouth wash can help too. If the problem persists, go to your dentist to find out what is causing your bad breath.

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Are you brushing correctly? Brush when you get up and before bed. Saliva decreases while you sleep. Saliva helps keep bacteria that cause cavities clear of your teeth. It is important to remove plaque buildup from your teeth before you go to bed. Brush your teeth for two minutes and try to keep the bristles of your toothbrush at a 45 degree angle.

Home whitening kits are a great short-term fix for lightly stained teeth. However, many people report burning and increased sensitivity caused by the gel uses in the kits. If oral sensitivity is turning you off of home whitening, use a fluoride gel immediately before and after you apply the whitening product. Your teeth will be noticeably less sensitive.

When someone close to you has poor dental care habits, it can be an uncomfortable topic to bring up. A great way to drop hints is to tell your friend about a great new toothpaste you are using. You can pick them up whitening strips and tell them you got a deal on buy one get one free. They will be touched that you thought of them, rather than insulted.

Strong and healthy teeth are definitely something to smile at. Neglecting oral hygiene or failing to protect your teeth can have serious consequences for your overall health--not just in your mouth. Use these simple guidelines to avoid or minimize a variety of dental woes, such as bad breath, staining, and more.

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