

When you think about someone, you usually think about their smile. A smile is a beautiful thing that brings happiness and reflects your personality. That's why it's important to take care of your teeth. Here are some great dental tips that you can use to make sure your smile stays beautiful.

Do not forget to remove plaque from your teeth when flossing. You should place the floss at the bottom of the tooth and gently pull it so it scrapes the plaque off your tooth. Do this for each tooth before focusing on cleaning the space between your teeth with floss. For therapy with families, couples, relationships select New Vision Counseling and visit these [Marriage & Family Therapists in Edmond Oklahoma](#)

Brush teeth gently. While it may seem like the best way to keep teeth clean is by brushing hard, it isn't true. Brushing too hard or with bristles that are too hard can cause pain, irritation, gum recession, and eventually loose teeth. To prevent this, use a brush with soft nylon bristles and use gentle, circular brushing motions when brushing.

If you think you may have a broken jaw, do not try to handle this kind of issue yourself. The jaw will not fix itself. Take a cold compress and gently apply to the area so that swelling is reduced. Then go to the emergency room or visit your dentist immediately.

Flossing is not difficult, but many people have a hard time doing it. Ask your dentist to demonstrate for you on a model of the mouth and to allow you to practice on that same model. You can also floss in front of the mirror in your dentist's presence so that you can learn how to floss properly.

Flossing isn't always easy. If you have a hard time working the floss down and then back up again, consider picking up a product that is "waxed." You can also look for a floss holder, which should assist you in getting the floss to do what you need it to do.

Following correct toothbrushing procedures is important. Brush when you get up and before bed. Saliva dries up when sleeping and that keeps cavity-causing bacteria at bay. Make sure to brush your teeth for around two minutes, with the brush at a forty-five degree angle.

Flossing once a day is very important. Flossing helps to get rid of bacteria and plaque between teeth, and this is a place that no toothbrush can reach. It'll help to stimulate your gums, too. Flossing should be done daily.

Sugarless gum is a good way to clean your teeth if you cannot carry a toothbrush with you everywhere. Chew a piece of sugarless gum to clean your teeth after eating a small snack. Keep in mind that gum is not good for your teeth if it contains any kind of sugar.

Eating when you're not hungry not only adds weight, but can also increase your risk of cavities. If you snack throughout the day, you expose your teeth to more cavity-causing bacteria, sugars and acid. Thus, you should eat only when you're hungry in order to protect your dental health.

Consider oral irrigators. They could be very beneficial for you. They don't replace tooth brushing. Bear in mind that plaque is not something they get rid of. If you don't use oral irrigators the right way they may actually push some of the bacteria into your gums.

Take care of your teeth with these tips. You'll find that they are easy to use, and easy for you to remember to do. Your smile is a big part of who you are, so protect it. Just apply the information laid out here and you'll keep that smile forever.

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