

Caring for your teeth and gums

Oral Hygiene, the caring for your gums and teeth, is the most beneficial thing that you can do to take care of your oral health. Bacterial plaque which accumulates on your teeth can affect the health of your tooth structure by causing tooth decay and can cause gum disease.

We recommend the following for good oral hygiene:

- Brush your teeth two to three times daily with an ADA-accepted fluoride toothpaste. Use a gentle, circular motion on both the tooth and gums.
- Use dental floss or an interdental cleaner daily. Decay -causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles between the teeth and under the gums.
- Eat a balanced diet and limit between-meal snacks and simple sugars such as those found in soda pop, candy, and desserts.
- Replace your toothbrush every three to four months, or sooner if bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Visit your dentist regularly for professional cleanings, appropriate x-rays for diagnostic purposes, and oral exams.