

10 Top Tips to keep your teeth healthy and younger for longer.

Most people know about brushing and flossing but the technique they use might be different and there are other things you have to be aware of. Here are 10 things you should know:

1. Brushing



It's better to use a soft or extra soft tooth brush and change it regularly especially if the bristles have changed their form, so the risk for damaging gums is minimal.

You can soften your tooth brush before brushing by placing its head under hot water then brush in a set pattern so that you don't miss any teeth.

Always use a fluoride tooth paste as fluoride strengthens your teeth against tooth decay and promotes repair of early tooth decay.

Never brush sideways/horizontally as it can damage your gums and cause gum recession. You should brush away from the gum around five times each tooth or use circular movements and always with gentle pressure, to do so you can hold the toothbrush like a pen.

When you brush be sure you clean the neck of the teeth as well. You may check the effectiveness of your tooth brushing by using disclosing tablets (dyes), which show, up any missed areas.

Brush twice a day especially before you sleep and for 2 min each time.

2. Flossing



Flossing cleans between your teeth where the bristles of your toothbrush can't reach. There is floss with fluoride if you wish. You can use your fingers or Floss holder to hold the floss. Be sure your hands are clean before flossing. Cut around 30 cm of floss and make a loop of it by tying two knots at the ends, then in front of mirror with sliding movements get the floss between your teeth, as soon as it reaches your gum don't push it further as it might feel uncomfortable or you might cut your gum, then lean the floss to the left and clean then lean it to the right and clean and then with sliding movement take it out so it feels better. Then with the clean area of the floss go for the next tooth. If it feels too tight between your teeth then use tape instead of Floss, as the tape is thinner. In the beginning flossing might take more time but after few days you are will be an expert. If your gum bleeds during flossing it might be a sign of early gum problems, which with regular flossing will disappear after the first few days. If not then it's better to check it with your dentist or hygienist.

3. Mouth wash

An alcohol free fluoride mouth wash is the best you can use after brushing and flossing. Use a good make, try a few of them, and see which one you like or are on sale and follow the instructions on the bottle. Normally rinse for 30 sec, spit out and don't eat or drink for 30 min. At night do it as a last thing before sleeping. That's the best you can do for your teeth before going to bed as in this way you will have fluoride on your teeth during your sleep and it will feel fresher when you wake up in the morning. Mouthwash is not recommended for children under 6 years of age.

4. Visit the dentist regularly

Depending on your oral hygiene and the amount of previous dental work and other factors visiting the dentist varies from every 6 months, one year, 18 months or 2 years. By visiting the dentist regularly your oral health remains in good condition and you avoid major dental treatments.

5. Visit hygienist regularly

Even dentists need to visit hygienists to have a super clean mouth and nicer smile. Hygienist can clean hard to reach or missed areas or around the neck of teeth and remove all the build-up and plaque which is a clear, sticky layer of bacteria. If it is not removed, it can harden and become tartar which can cause gum disease and tooth loss in the long term which may not been even painful for the patient until it's too late. That's why sometimes we call it silent killer.

Visiting hygienist will help patients have a nicer smile and fresher breath as well.

6. Acidic food

Anything acidic like wine, orange juice or some carbonated drinks will soften the enamel of your teeth which can cause early tooth wear, decay and/or sensitivity. After any acidic food wash your mouth with pure water and try not to brush for 30 min. Your saliva will help neutralise the acidity in your mouth. You can of course use an alcohol free mouthwash as well.

7. Sweet food

The sugar from these foods will be turned to acid by the bacteria flora in the mouth. To reduce the acid attack to your teeth try to reduce the frequency of having sugary foods. It's better to finish that chocolate bar in one go than have a piece of it every hour, you know what I mean. Another good tip is having one day of the week as sweet day and rest of the week no sweets!

8. Medication

Some medicines like antihistamines, antidepressants and high blood pressure drugs can reduce saliva production and make the mouth dry. Saliva is very important for the mouth and teeth as it washes them all the time and regulates the PH in the mouth and replaces lost minerals back onto teeth. People with dry mouth have a higher risk of getting tooth decay. It's always better to check with your GP or dentist regarding dry mouth and any medication you take.

9. Biting habit

Habit of biting on things like pens or nails and using teeth to tear or open things is first of all unhygienic and secondly it wears the teeth down and makes them chip. Your teeth are made only for biting on food and chewing food that's it.

10. Grinding and pressing

Some people might grind during sleep, which others may see or hear. Some press their teeth together when stressed or in the gym. Grinding and pressing can wear down the teeth and make them shorter. Short teeth can look aged and can affect jaw joints called TMJ. If you think you do this you need to visit a dentist to check that for you and find the reason. You might need to have your bite adjusted or have a Night guard, which is a custom designed thin plastic tray, which you wear during sleep so when you grind you do it on the plastic not your teeth.

If you would like more information on the above treatments please Ferrari Dental on (973) 263-2967 or email info@ferraridental.com