



DENTAL HEALTH TIP

Brush up on dental care basics and keep your smile bright!

Healthy teeth begin with clean teeth

It only takes about 24 hours for plaque to start forming in your mouth from bacteria created by food particles left behind after eating and drinking. This is why daily brushing and flossing is important to your oral health. Dentists recommend brushing with fluoride toothpaste for two minutes at least twice a day and flossing daily to keep your teeth clean and your smile bright. Rinsing your mouth with an antibacterial rinse can also help to prevent gum problems and tooth decay.

Eat smart to avoid tooth decay

When you eat or drink foods containing carbohydrates, food particles tend to stick to your teeth. Bacteria in your mouth digest these foods and turn them into acids. This bacteria, acid, food debris and saliva combine to form plaque, a sticky film of bacteria, which can remain on the tooth surface and if not removed, lead to tooth decay.

To help prevent tooth decay, limit your consumption of carbohydrates and drink plenty of water to help flush away left behind food—and don't forget to brush!

See your dentist twice a year

Regular dental check-ups can prevent and detect dental problems before they turn into something serious. During your check-up, your dentist will examine your teeth and gums for signs of diseases that can affect your overall health. They will also look for signs of diseases that can affect your overall health, such as diabetes, acid reflux, heart disease, osteoporosis, high blood pressure and more.