

KEEP YOUR MOUTH HEALTHY ALL YEAR LONG

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Routine dental checkups with x-rays are the best means of assuring your mouth, including both teeth and gums, are healthy. If they are not in the best of health, your dentist will prescribe a course of treatment to achieve this goal. Aside from regular cleanings and radiographs, there are other preventive measures you may take to assure a healthy mouth between your dental visits.

Brushing and flossing everyday will assist in a comprehensive program to ensure oral health. Whether or not to use a manual or electric brush is mostly based upon personal preference. There are many brands of electric and manual brushes available, with varied head size, bristle arrangement and softness with sonic or mechanical bristle movement or none at all for the manual brush. Some also have embedded timers to make sure you are brushing long enough. If you feel an electric brush will help you do a better job of cleaning your teeth and gums, then invest in one, however, regardless of the type of brush you use, the most important aspect of brushing is to make sure you are brushing properly, not missing any surfaces and brushing long enough to thoroughly clean the plaque off which aids in the creation of decay and gum disease.

Flossing cleans plaque between the teeth where ordinary brush bristles cannot reach. Proper technique is very important for efficient flossing. The floss must be utilized in such a way as to allow it to completely scrape the plaque off of the tooth surfaces between the teeth and under any bridgework. Floss comes in many variations in material, texture, holders, flavors, widths and coatings. Whatever floss works best in your hands, which allows you to floss properly is the best choice.

The type and brand of toothpaste you use is dependent on multiple factors. Do you have sensitive teeth? Do you have a very dry mouth? Do you have multiple restorations, crowns and fillings? Many types of toothpaste available today have special chemicals in them to address a multitude of dental needs. You can pick and choose a toothpaste based upon a specific need or just for its flavor and consistency. Most pastes are suitable for any patient but if you are in need of a specific type of paste or are sensitive to certain chemicals found in toothpaste, then seek out those pastes which would suit your situation best. The correct paste can assist you in maximizing your success with your oral health strategy.

If you choose to utilize a mouthwash, the most significant difference is whether or not it is formulated with alcohol. Those without alcohol are easier on the oral tissue.

If you have specific questions on what preventive aid is right for you, be sure to seek advice from your dentist.