

Healthy Mouth, Healthy Teeth!



What is good dental hygiene?

Dental hygiene is the practice of keeping your teeth and gums healthy to prevent dental problems such as cavities, gum disease, and bad breath. Good dental hygiene can be achieved through a combination of daily dental care at home and regular check-ups with your dentist.



Brushing your teeth is the foundation of good dental hygiene. You should brush your teeth at least twice a day for two minutes each time. Use a soft-bristled toothbrush and fluoride toothpaste. Brush your teeth in a circular motion to remove plaque and food particles. Make sure to brush all surfaces of your teeth, including the front, back, and chewing surfaces.



Flossing is also an important part of dental hygiene. Flossing removes plaque and food particles from between your teeth and under your gum line, where your toothbrush can't reach. Floss at least once a day. Use a piece of floss about 18 inches long. Slide the floss between your teeth and gently move it up and down against the side of each tooth. Be sure to curve the floss around the base of each tooth, making a C-shape.

In addition to brushing and flossing, you should **also use mouthwash** to kill bacteria and freshen your breath. Choose a mouthwash that contains fluoride to help strengthen your teeth. Rinse your mouth with mouthwash after brushing and flossing.



Eating a healthy diet is also important for dental hygiene. Avoid sugary and starchy foods, which can lead to cavities. Instead, eat a diet rich in fruits, vegetables, and whole grains. These foods are high in fiber, which helps to clean your teeth.



Regular check-ups with your dentist are also important for maintaining good dental hygiene. Your dentist can detect dental problems early and treat them before they become more serious. You should visit your dentist at least twice a year for a check-up and cleaning.

During your dental check-up, your dentist will examine your teeth and gums for signs of decay, gum disease, and other dental problems. Your dentist may also take x-rays to check for problems that can't be seen with the naked eye.

In addition to regular check-ups, there are other steps you can take to maintain good dental hygiene. **Avoid smoking and using tobacco products**, which can cause gum disease and oral cancer. Wear a mouthguard when playing sports to protect your teeth from injury. And if you have diabetes, be sure to keep your blood sugar under control, as high blood sugar can increase your risk of gum disease.

In conclusion, good dental hygiene is essential for maintaining healthy teeth and gums. Brush and floss your teeth daily, use mouthwash, eat a healthy diet, and visit your dentist regularly for check-ups and cleanings. By following these tips, you can keep your teeth and gums healthy for a lifetime.

Brushing your teeth

Brushing your teeth is an important part of your daily routine. It helps to remove plaque and bacteria from your teeth and gums, which can cause tooth decay and gum disease. Here are some tips on how to brush your teeth:

- Brush your teeth twice a day, in the morning and before bed.
- Use a small or medium brush head with medium bristles so that you can reach all parts of your mouth.
- Use a pea-sized amount of a fluoride toothpaste containing 1350 to 1500ppm of fluoride (you can find out this information on the back of the tube of toothpaste).
- Hold the brush at a 45-degree angle to your teeth and brush in a circular motion.
- Brush the outer surfaces, inner surfaces, and the chewing surfaces of all teeth.
- Use the tip of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.
- Brush your tongue to remove bacteria and freshen your breath.
- Spit out the toothpaste, but don't rinse your mouth with water. This helps to keep the fluoride in your mouth for longer, which can help to protect your teeth.

Remember to replace your toothbrush every three to four months, or sooner if the bristles become frayed. If you have any questions about how to brush your teeth, please ask your dentist or dental hygienist.