10 Great Ways to Take Care of Your Teeth

Brushing Teeth

One of the simplest ways to clean your teeth is by brushing your teeth regularly. Brushing your teeth is the foremost thing which is recommended by any dentist.

Flossing

Flossing can help remove food particles and other harmful substances which cannot be removed with regular brushing.

Stay Away from Smoking, Smokeless Tobacco and alcohol

Avoiding tobacco is one great way you can save your teeth from great danger. Staying away from tobacco will keep you away from oral cancer and other periodontal diseases. Tobacco is not the only one which can damage your teeth but alcohol is also one such substance.

Avoid coffee, tea and sodas

These beverages no doubt can provide some amount of nutrition to your mouth and body but too much can be hazardous to your teeth. Sodas can weaken your teeth and lead to dental problems such as tooth cavities. Tea, coffee are the main teeth staining culprits. These beverages contain ingredients that can cause discoloration of teeth.

Follow Healthy Diet

Teeth require plenty of calcium. It is necessary that you consume healthy foods such as milk, yogurt, cheese, orange juice and other vitamin and calcium rich foods.

Visit a Dental Professional

You should visit a dental professional once in 6 months so that your dental health remains checked. During these visits, you are examined to identify problems and keep you protected from them. Dentists provide tips for better dental health.

Limit Sugary Foods

What happens when you eat sugary food? The bacteria will break down sugars and create acids leading to acid build-up on the teeth. However eating sugary foods will not put you in problem until you take care of your teeth properly. Ask me how? Soon after eating any sugary food or any food that can create dental problems, make sure you clean your mouth by brushing or by mouthwash so that there is no residue of bacteria.

Wear Mouthguard

As said earlier that "teeth are assets", thus make sure you wear mouth guard or helmet while you are involved in sports activity so that you mouth and teeth are safe from any kind of injury.

Rinse Your Mouth with Anti-Bacterial Mouth Rinse and Chew Sugarless Gum

Chewing gum is a good way to produce saliva in your mouth, once saliva starts flowing into your mouth it neutralizes the acid effect produced by bacteria thereby acting as a natural defender for your teeth. Additionally, rinse your mouth with anti-bacterial mouth rinse so as to prevent tooth decay and gum problems.
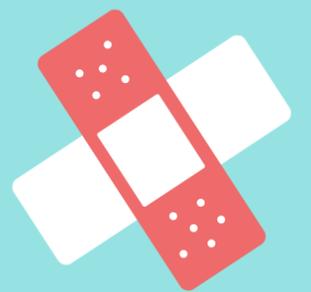
Use Fluoride Toothpaste and Drinking Water

Fluoride in toothpaste and drinking water can strengthen your tooth enamel and make it less prone to tooth decay. However, it is suggested that you do not take in excess as there are many complications associated with excess fluoride intake.