



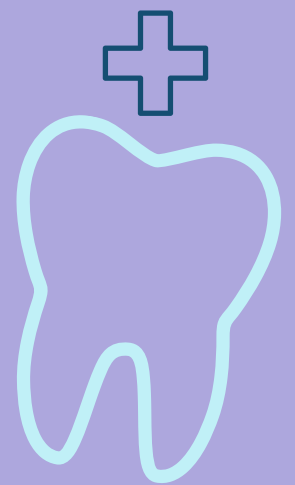
Dental Hygiene

If we don't brush our teeth properly, food particles get left behind in the crevices of our teeth. Saliva and bacteria mix with the food particle and form a plaque which then goes on to form cavities. If the cavities are not treated in a timely manner, the pain and tooth decay will worsen.

HOW TO BRUSH YOUR TEETH:

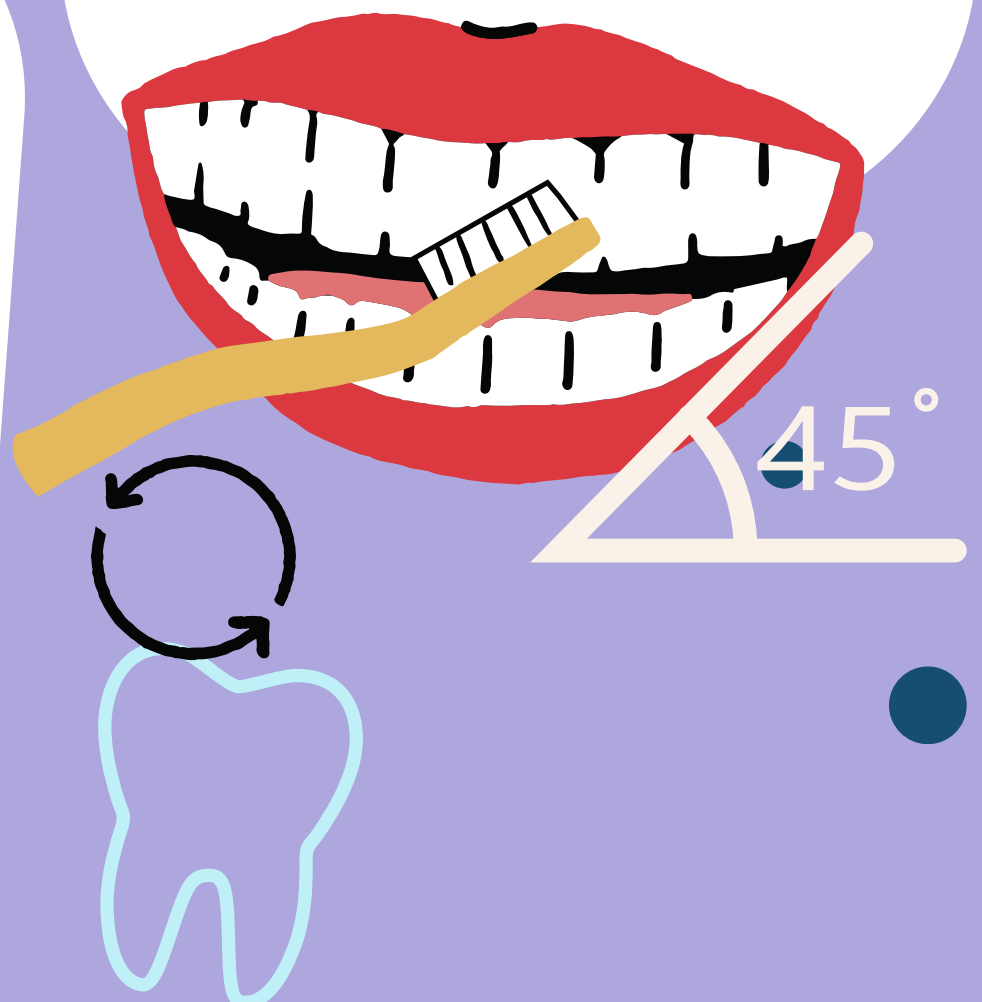
1

Brush at least twice a day with fluoride toothpaste. Use a soft-bristle toothbrush and brush for two minutes.



2

Hold your brush at a 45-degree angle to your gumline. This helps clean along the gumline and between your teeth.



3

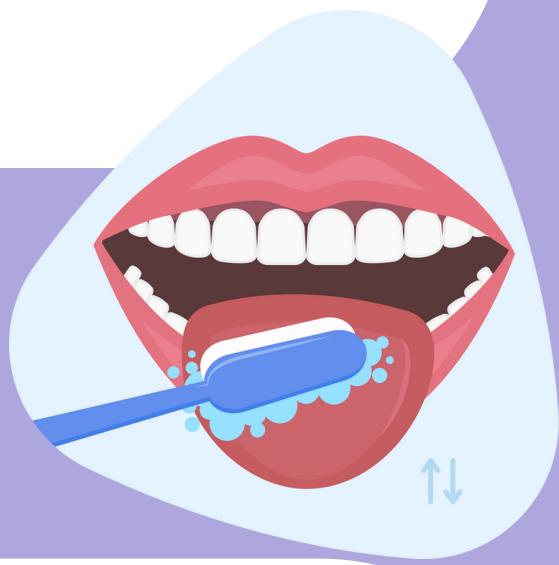
With gentle pressure, use circular motions and avoid scrubbing, as it can damage your teeth and gums.



HOW TO BRUSH YOUR TEETH:

4

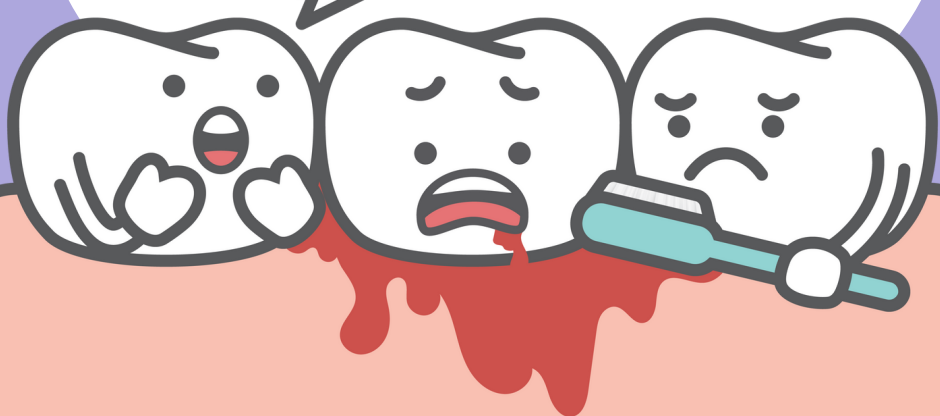
Clean all tooth surfaces: the fronts, backs, and chewing surfaces of all your teeth. Don't forget to brush your tongue and the roof of your mouth.



6

Brush your gums gently to remove plaque and stimulate blood circulation.

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5

Pay attention to technique. Focus on each section of your mouth, spending about 30 seconds in each quadrant. Start in one corner and work your way around.



7

Clean between your teeth and along the gumline with dental floss to remove food particles and plaque.



TIPS FOR OVERALL GOOD ORAL HYGIENE:

Use Tongue Scraper to clean your tongue and help reduce bad breath



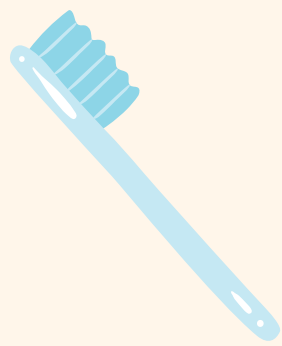
Use an antimicrobial or fluoride mouthwash to help reduce bacteria and strengthen teeth.

Regular dental check-ups (usually every six months) can catch and address issues early.



Limit sugary and acidic foods and drinks, as they can contribute to tooth decay.

Drinking water helps maintain oral health and prevent dry mouth.



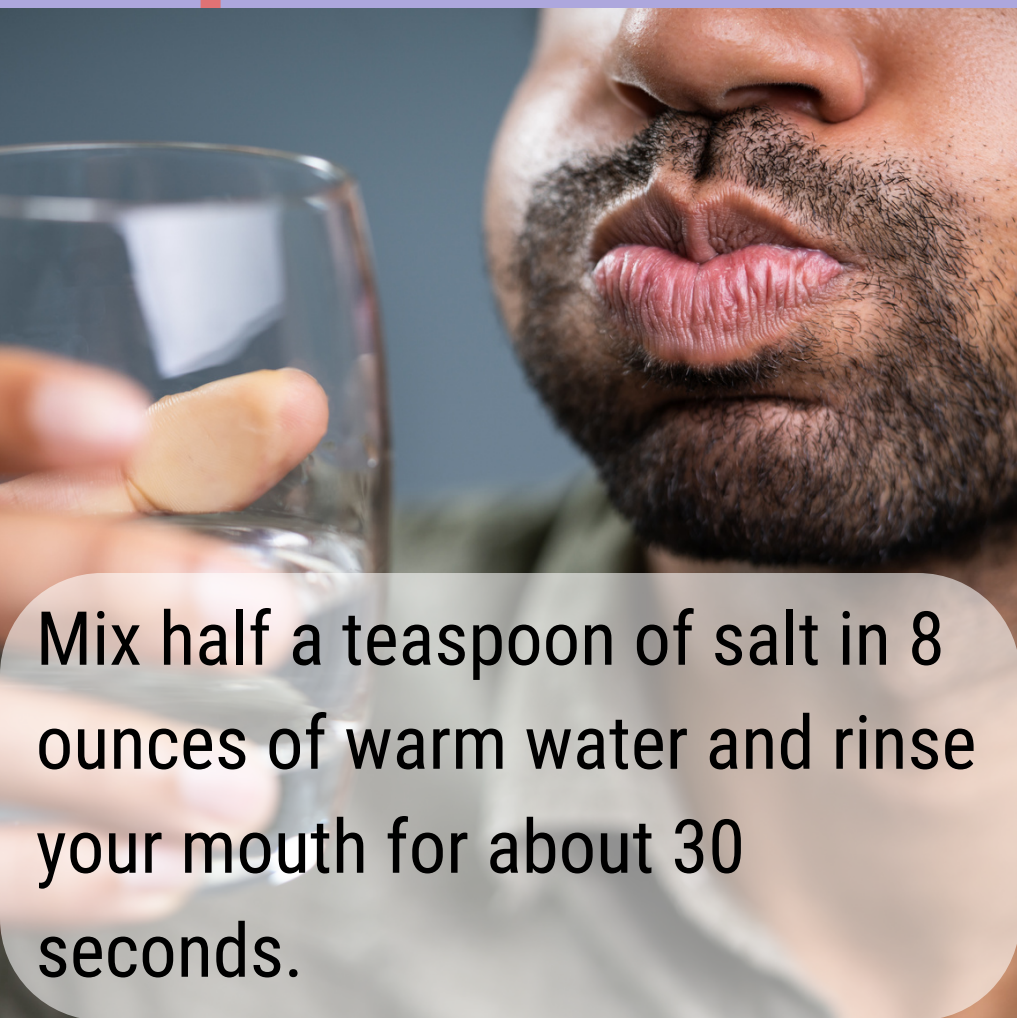
Change your toothbrush or toothbrush head every 3-4 months.

Consume a diet rich in calcium, phosphorus, and vitamin D. These nutrients are essential for strong teeth and bones. Dairy products, leafy greens, and lean proteins are good choices.



Smoking or chewing tobacco can lead to oral health problems, including gum disease and oral cancer.

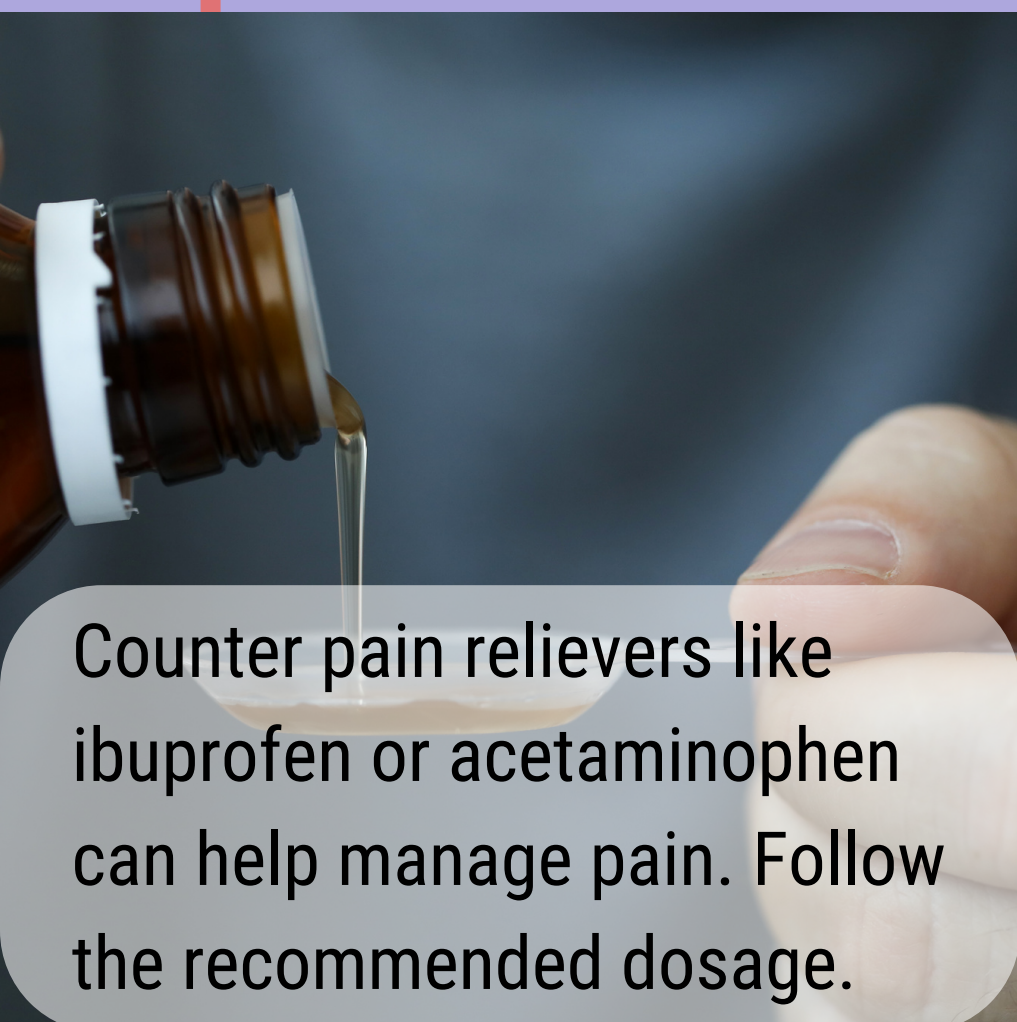
TEMPORARY REMEDIES FOR TOOTHACHES:



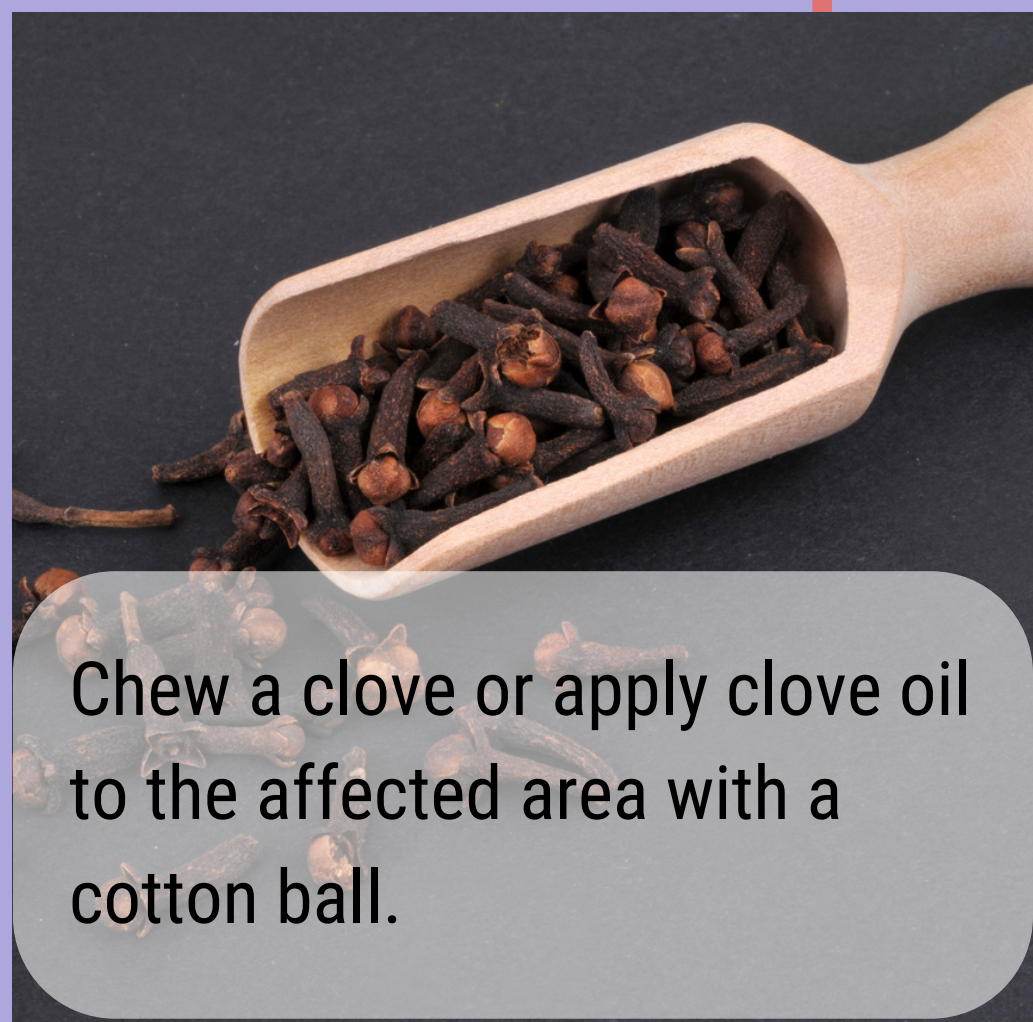
Mix half a teaspoon of salt in 8 ounces of warm water and rinse your mouth for about 30 seconds.



Apply a cold compress on the outside of your cheek for 15 minutes at a time.



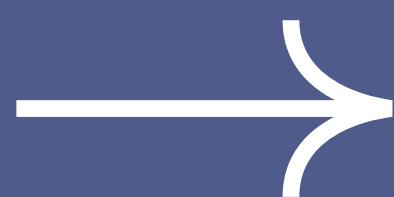
Counter pain relievers like ibuprofen or acetaminophen can help manage pain. Follow the recommended dosage.



Chew a clove or apply clove oil to the affected area with a cotton ball.

It's important to note that while these remedies can offer temporary relief, they do not treat the underlying dental issue. It's essential to see a dentist as soon as possible to address the cause of the toothache and prevent further complications.

WHEN TO VISIT THE DENTIST EARLIER THAN SCHEDULED:



If you are having dental pain or sensitivity that is not resolving within two days or is accompanied with swelling or fever.



If you have symptoms like bleeding gums, persistent bad breath, gum recession, or gum tenderness.



If your snoring is causing you or others around your disturbances, your dentist can evaluate you for a dental device to decrease the snoring.



If you are unable to open your mouth as wide as you could before.



If you are having any recurrent mouth ulcers or burning sensation.



If you grind your teeth, dentist can consider giving you a mouthguard to protect your gums and teeth from damage.