



Helpful Tips For A Healthy Smile

Whatever your age may be, there's no secret formula for maintaining a healthy smile. It's merely a matter of establishing an effective oral hygiene routine, getting routine checkups and care, eating a nutritious diet, and avoiding harmful oral habits.

Don't make the mistake of taking your smile for granted. To maintain optimal oral health requires a bit of effort. It's never a good idea to hold off on seeing the dentist until you're in terrible pain or something doesn't feel quite right.

Here are a few simple recommendations that go a long way in protecting the health of your smile:

- Make a Commitment to Routine Checkups and Teeth Cleanings at the Dentist
- Maintain an Effective Oral Hygiene Routine of Tooth Brushing and Flossing at Home
- Avoid Smoking Cigarettes & Other Harmful Oral Habits
- Eat a Balanced Diet
- Limit Your Consumption of Sticky, Sugary foods & Sweet, Carbonated Beverages
- When Playing Sports Protect Your Smile With A Mouth Guard

It's Important to Brush & Floss!

Maintaining a healthy smile depends upon keeping your teeth and gums clean. According to the recommendations of the American Dental Association, it is essential to brush your teeth at least twice a day for two minutes each time with a soft-bristled toothbrush.

Follow the correct method as demonstrated by your dentist or hygienist. Also, don't use a toothbrush with bristles that are too stiff, as they can damage your teeth and gums. It's best to use a fluoride-containing toothpaste that has the ADA seal of acceptance. Keep in mind that preventing tooth decay and gum disease requires removing plaque and food particles from between the teeth and under the gumline daily. By also taking a few minutes to gently and thoroughly floss your teeth once a day, you significantly reduce your risk of dental disease.



What You Eat Matters!

At every routine checkup visit, the dentist or hygienist will review the proper technique for brushing and flossing, as well as provide helpful dietary guidance. While it's recommended to avoid sugary foods, as well as sweet and carbonated beverages, certain nutrient-rich foods support oral health and boost resistance to dental disease.

A Strong Foundation For A Lifetime of Oral Health As everyone knows, proper dental care is essential at every stage of life. However, it's especially important for children to establish a strong foundation for a lifetime of good oral health. With routine checkups, preventive treatment, and age-appropriate oral hygiene instruction, the dentist can help your little ones protect their smiles from dental disease. And, because children are growing, routine checkups allow the dentist to monitor a youngster's dental development and jaw growth over time. In this way, any emerging issues can be treated in a timely manner to help ensure optimal smile alignment and excellent oral health.



Your Trusted Partner In Care

At every age, good oral health supports overall well-being. As a skilled and experienced provider of care, your dentist is well equipped to help you and every member of your family enjoy the benefits of healthy and beautiful smiles.