

Good Dental Health

Forming good habits is the best way to ensure healthy teeth. Develop these 5 good habits and your dental health will thrive.



Avoid

Abstain from drinking soda, carbonated water, and sugary drinks. Instead, enjoy water, coffee or tea.



Brush

Brush your teeth twice per day.



Floss

Floss at least once per day.



Rinse

Use mouthwash twice per day – after consulting with your dentist if it is right for you.



Visit

See your Dental Associates hygienist for your recommended dental cleanings.



Abstain from drinking soda and carbonated water. Instead, drink water, coffee or tea.

Abstaining from soda and carbonated water can help preserve your teeth because they are acidic and can erode tooth enamel over time. This erosion may lead to tooth sensitivity, cavities, and other dental issues. Choosing water or non-acidic beverages is a healthier option for dental health. If you do drink a soda, carbonated water or sugary drink, always rinse with water after doing so.



Brush your teeth twice per day

Brushing your teeth twice a day helps maintain good oral hygiene by removing plaque, bacteria, and food particles. This routine helps prevent the formation of cavities, gum disease, and bad breath. Consistent brushing, along with flossing, promotes overall dental health and helps preserve your teeth in the long run.



Floss at least once per day

Flossing once a day is essential for maintaining healthy teeth and gums. It helps remove plaque and debris from areas between your teeth that a toothbrush may not reach effectively. Regular flossing can prevent gum disease, cavities, and bad breath, contributing to overall oral health and the longevity of your teeth.



Use mouthwash twice per day – after consulting with your dentist if it is right for you.

Using a mouthwash like Act® twice a day can help in maintaining oral health. It can reduce plaque, fight bacteria, and freshen breath. However, it's important to note that mouthwash is not a substitute for brushing and flossing; it should complement your oral hygiene routine. Consult with your dentist to determine if Act or a specific mouthwash is suitable for your individual needs.



See your Dental Associates hygienist for your recommended dental cleanings

Regular dental check-ups with a hygienist are crucial for maintaining your teeth. During these visits, plaque and tartar can be professionally removed, reducing the risk of cavities and gum disease. Additionally, early detection of dental issues allows for prompt treatment, preventing more serious problems. Regular cleanings and check-ups contribute to long-term oral health and help you keep your teeth in good condition.