Article published on April 25th 2012 | Health

Here is my article : 10 Teeth Maintenance Tips: Keep Your Smile Healthy for Good

Everyone wants a healthy, beautiful smile. The best way to ensure that your smile stays healthy forever is to care for your teeth properly. There are some important ways to care for your teeth, and making sure you follow these 10 teeth maintenance tips will ensure that your smile stays beautiful and healthy. Call your Bend Dentist today.

1. Brushing

Obviously, brushing is one of the most important things you can do to care for your teeth. Most people donâ€™t brush enough, though. You should be brushing 3-4 times a day; at night, in the morning, and after your meals.

2. Length of Brushing Time

You should brush your teeth for at least 2 minutes every time you brush them. This gives you a chance to ensure that each one is cleaned on every side and that the majority of debris is removed. However, donâ€™t brush too hard.

3. Flossing

You should be flossing between your teeth at least once a day. This removes food that might be stuck between the teeth and that canâ€™t be reached with the toothbrush alone.

4. Mouth Rinse

A good mouth rinse (like Listerine) can kill germs in your mouth that cause gingivitis. Follow the directions on the label to give the rinse time to kill those germs.

5. Use a Straw

One thing that can protect your teeth from sodas and tea is a straw. This prevents the liquids from consistently washing over the teeth and causing stains. Many people even use a straw for their coffee to protect their teeth.

6. Avoid Highly Acidic Foods

Certain foods like lemons and other citrus fruits are highly acidic and can eat the enamel from your teeth, causing sensitivity and even decay. Avoiding foods like this will help you maintain a beautiful smile.

7. Visit a Bend Family Dentist for a Cleaning Every 6 Months

A 6-month cleaning keeps your teeth bright and clean, removing things you simply canâ€™t remove with a toothbrush at home. Keeping these appointments is very important.

8. Rinsing Often

Throughout the day, when you canâ€™t brush, rinse your mouth with water and then spit it out. This can help keep your teeth clean even when brushing is impossible. It can remove foods that are stuck between teeth and debris that is stuck to the surface of the teeth. Most Bend Cosmetic Dentist agree with this advice.

9. Calcium

Calcium is important for building and maintaining strong, healthy teeth. Ensure that youâ€™re getting enough calcium from food sources and if you think youâ€™re not, try taking a calcium supplement. You can speak to your doctor as well as your dentist to determine whether youâ€™re getting enough calcium.

10. Emergency Dental Visits

If anything happens to a tooth (from a chip to a break), itâ€™s important to visit your Bend cosmetic dentist right away to have the problem taken care of. If you leave it for longer than necessary, you could risk creating worse problems and having to have additional dental work.

Using these tips can help ensure that your teeth are healthy and white, and your smile is beautiful.

Article Source:
http://www.articleside.com/health-articles/bend-dentist-reviews.htm - Article Side

Lexordaren - About Author:
Dr DiGiulio is a a Bend Dentist that can aid you to fix the problem in your teeth.

Article Keywords:
bend dentist review,bend dentist reviews,review Bend dentists,local bend dentist, find local bend dentist

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