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Simple brushing and flossing offer you more health benefits than you can possibly imagine. Choosing the food to include in your daily meals contributes to the effects of these practices. Between brushing and flossing, gargling with mouthwash helps sanitize your oral cavity as well as improve your breath. All these are basic practices that constitute proper oral hygiene. If maintained from a young age, proper oral hygiene can improve your teeth's immunity against potential dental diseases.

Dentists recommend proper oral hygiene as a preventive technique more than a treatment to a starting disease, such as cavity. Many people only begin to engage in regular dental cleaning and a healthy diet after noticing cavity formation or experiencing sudden toothaches. Although a considerably good response, it is better to consider proper oral hygiene as prevention, as it could have prevented such oral health issues.

Both common oral care practices, brushing and flossing should always go next to each other to obtain optimum results. Brushing helps remove fresh foodstuff and stain, while flossing removes hardened foodstuff that has turned into plaque or tartar. A dentist in Colorado Springs would, however, recommend to brush and floss the teeth mildly to avoid irritating the gum. Some issues of gingivitis are caused by gum irritation due to stern brushing or flossing.

Brushing and flossing can only do so much without the help of toothpaste. The fluoride in toothpaste improves the natural buffering in the mouth. Most liquids that you take, including water, contain fluoride. However, they cannot sustain fluoride in the mouth. Thus, a Colorado Springs dentist recommends using toothpaste with fluoride, a mineral that helps kill bacteria in the mouth, thwarting cavity formation and gum infection.

Later during the day, you will feel the refreshing taste of toothpaste due to fluoride slowly receding. This is because fluoride is often washed away by the liquids you drink. A Colorado Springs cosmetic dentist suggests gargling with mouthwash to replenish your mouth with fluoride. Aside from improving your breath, regular gargling of mouthwash induces saliva production, which boosts the mouth's natural protection against bacteria.

It is not enough to clean your teeth regularly and to ensure sufficient amount of fluoride covering your teeth throughout the day. The food that you eat also has a huge impact on your oral health. If you keep on eating unhealthy and extremely pigmented food, your teeth will lose density and begin to stain. A Cosmetic Dentist Colorado Springs families trust advises eating food rich in calcium and contains less corrosive substances is a good start.

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