



Prevent the Toothache
BEFORE
the Money Ache



Making time for regular trips to the dentist is something that can easily be forgotten in the busy day-to-day lives that we lead. Often it seems that we view dentists the same way that we view doctors – nice to have around in case we have a problem and need them, but not necessary otherwise. In reality, preventative oral care is incredibly important to the health of your teeth and gums. It is also the best way to prevent major problems with costly solutions down the road.

Brushing and flossing regularly at home is the best thing you can do on your own to ensure that you maintain a healthy mouth. You should aim to brush in the morning, before bed, and after meals if possible. Use toothpaste with fluoride to help keep your teeth strong, but be sure to use a small amount and avoid swallowing any more than is necessary. If brushing isn't possible after a meal, chew a piece of sugar free gum to help loosen leftover food particles. Daily flossing is also important to remove the plaque and bacteria that your toothbrush doesn't reach. Be gentle when flossing and brushing – too much force can lead to sore and bleeding gums. Using a mouthwash containing fluoride at least once a day is another great idea to improve your oral and dental health.





If you have little ones in your home, begin encouraging a healthy approach to oral care from the moment their first tooth breaks through. Explain the benefits of keeping teeth strong and healthy, and demonstrate the ways to do so. Children should brush at least twice a day, using non-fluoride toothpaste to be safe. It's also a great idea to take your child in for their first dental exam by the age of one, or six months after their first tooth has come in.

When it comes to cavity prevention, watching what you eat can also play a big role. Foods such as candy, chips, and cookies can easily get stuck in the grooves and pits of your teeth and encourage cavities. On the flip side, healthy foods such as fresh fruits and vegetables can increase saliva flow and help wash away food particles. If you're concerned with the visual appearance of your teeth, which most of us are, stay away from foods and drinks that are known to stain teeth. These items may include red wine, tea, berries, sauces, cola, and sport drinks.

In your everyday life, be sure to protect teeth when needed, especially during physical activities. If you or your kids play sports, consider investing in and always wearing a mouth guard. Many schools now make this a requirement for their athletes. Your dentist may even be able to make a custom-fitted mouth guard for you, or you can pick one up at your local sports store.

Of course one of the biggest ways to protect your teeth is to refrain from abusing them through cigarettes, smokeless tobacco, or drug use. Not only do these products stain teeth, but tobacco considerably increases your risk of gum disease and oral cancer, and many drugs can cause tooth decay and other issues leading to tooth loss. If you are currently using one or more of these items, it's certainly in your best interest to consider quitting.





For both the adults and the children in your home, regular visits to the dentist are essential for maintaining healthy teeth and overall oral health. It's now recommended that you visit your dentist twice a year for a cleaning and exam. Even if you have an excellent oral care routine at home, a dentist visit can alert you to a problem early on before too much damage has been done. While you may think you will know when there's a problem because of pain, often that isn't the case. Cavities, gum disease, and even oral cancer often aren't painful until they are in a more advanced stage.



Some people who have been genetically blessed with healthy teeth and gums may be able to get away with fewer visits, but it's still recommended to be seen every six months. Still others may need to be seen more frequently than twice a year. Those who smoke, have advanced gum disease, have diabetes, have weak immune systems, or tend to get frequent cavities and plaque build up will likely need to visit their dentist on a more regular basis. Speak with your dentist about what is the best approach for your personal oral health.

It's important to take preventative measures both at home and by visiting your dentist regularly in order to keep your teeth clean, strong, and healthy. Your smile is one of the first things people notice about you, and taking good care of your oral hygiene will help you make the best impression possible. If you neglect the care of your teeth and gums, you are likely to be in for expensive repairs in the future. Be proactive in order to save not only your oral health, but your bank account as well.

Looking for a dentist?

At Coral West Dental we offer not only state-of-the-art dental treatments, but also an environment in which our patients feel secure and comfortable.

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