

Mastering Dental Do's and Don'ts for A Radiant Smile

Oral health is a gateway to our overall wellbeing. It serves as a vantage point for detecting early signs of systemic diseases. Hence, dental care should be the top most priority for people of all ages.

Here, we list a few Do's and Don'ts for our good oral health.

Do's

- ✓ Brush twice a day.
- ✓ Eat balanced diet.
- ✓ Drink lots of water.
- ✓ Avoid sugary and acidic foods.
- ✓ Avoid frequent snacking.
- ✓ Floss daily.
- ✓ Replace your toothbrush every 3 months or sooner, if bristles are worn out.
- ✓ Schedule regular dental checkups and dental cleanings.

Don'ts

- Don't use hard bristle toothbrush.
- Don't brush aggressively.
- Don't consume tobacco.
- Don't smoke.
- Don't forget to use a mouthguard during sporting events to avoid dental injuries.
- Don't wait to see your dentist if you have bleeding gums, tooth sensitivity or any other oral issues.

Best Wishes

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