

Want A Healthier Looking Smile? Have A Look At These Tips

Description

Your smile is often something that people notice about you. It takes time to get a smile that looks like it has been well looked after, though. To build and keep up, you need a good routine and a lot of different ways to do things.

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Photo by Andrea Piacquadio: <https://www.pexels.com/photo/man-in-white-dress-shirt-wearing-white-framed-eyeglasses-3779705/>

Here are some ways you can make sure your teeth stay healthy and look good:

Flossing Everyday

By flossing, you can get rid of plaque on your teeth and around your gums. If you floss every day, you can avoid gum disease and tooth decay. If you don't take care of it, tooth decay and plaque can build up underneath the gum line and cause problems or even make you lose your teeth. If you notice blood when you floss, you likely have gingivitis, which is an infection of the gums. If you keep flossing, most of the time the bleeding will stop in a few weeks.

Visit A Hygienist

An excellent way to keep your mouth healthy is to get your teeth cleaned every six months. This can cause your gums to pull away from your teeth, bleed, and swell up. Your hygienist will focus on getting rid of any tartar and stains, and will also look for signs of mouth cancer and [high blood pressure](#).

Stop The Bad Habits

If you smoke, your teeth will get very yellow. [Smoking](#) leaves surface stains on your teeth that can be polished away. It can also get deep into your enamel. If you smoke, your gums can get infected, which can make them detach from your teeth or create big pockets around them. This doesn't look good and can lead to you losing your teeth.

Don't Drink Too Much Red Wine, Coffee, Or Tea

People know that these drinks will make your teeth look bad. Just like smoking, they can stain your teeth, which you can get rid of by polishing them. But they can also discolour the enamel from the inside, you will then need to have them deep cleaned. If you want [straight teeth without braces](#) then your dentist may advise that you stay away from these while using invisible liners.

Be Careful When Using Lighteners

Depending on what you need, there are a variety of ways to whiten your teeth. A few of them are [whitening pens](#), toothpaste, custom-made trays, laser bleaching, and rinses. There are many choices, making it hard to choose. But each type has its own advantages that help you focus on different areas. Rinses are great for individuals that consume a lot of tea and coffee, and whitening pens are useful for those who want to make small changes. On the other hand, laser whitening and custom trays give you the most professional and easily visible results.

It can take a while for changes to your routine to show results. These changes won't happen overnight, but they're worth it both for your well-being and your smile.

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