

Cosmetic and Family Dentistry – Dentists advise

Description



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To avoid cavities, it is advisable that every individual should brush their teeth after each meal or snack. At the same time, dentists say it is imperative that the teeth be well cleaned before bedtime because during sleep there is much less saliva that can cause cavities.

Tartar deposits can lead to gingival and gingival bleeding, which, untreated, can cause periodontal disease. Tooth-washing is not always enough. Patients should clean their teeth correctly at least twice a day, at least two minutes.

Do not wash both arcades at the same time, but in turn. The arches must be removed during the brushing process. The brush is set at 45 degrees to the gum. Rotating movements clean the surfaces we chew. The tooth surfaces should be cleaned either with dental floss or with the mouthpiece. However, beware! The oral shower should not replace brushing.

Besides teeth, the tongue should be brushed as it accumulates many bacteria. A soft toothbrush should be used every three months. Also, the use of mouthwash also has a determining role in cleaning the oral cavity. It reaches the hardly accessible places for toothbrush brushes.

The man was endowed with 32 teeth. We say that they are sufficient to have a long life without problems. Obviously, if oral hygiene would be appropriate. However, there are some habits that people have and in which they use teeth for purposes other than they were created. You can check out dental clinics online by keying [find a dentist near me](#), to see which clinics are near your location and also do a research beforehand.

Opening bottles

There is an unorthodox habit that teeth use as bottles openers. Wrong! Even if they resist once, twice, teeth are not designed to cope with such forces.

Break hard food

Among the harshest foods are pistachios and nuts or hazelnuts. There is a category of people who turn to teeth when cleaning/breaking these fruits. Wrong! Teeth can never hold a hammer.

Often, the teeth can crack or even fracture in a naughty nail. The habit is not only unsightly but also harmful to teeth. Also, under the nail, there are many microbes that then come in contact with the oral cavity.

Sucking the finger is a common habit for the little ones. If by the age of 2-3 years this gesture is informative, it can later produce jaw deformation and push the upper incisors forward and sometimes upward. Moreover, schoolchildren may experience teething that affects teeth. Running the pencil, marker, or pen can cause asymmetrical tooth position or even gum damage. That's why this habit is to be avoided.

Many times, with the passage of time, the teeth get a yellowish tint. Even though a person regularly brushes their teeth, the yellow spots penetrate the white tooth protection layer and the enamel. More info [here](#).



What are the reasons why the teeth become yellow?

Tooth coloring can occur because of the beverages and foods a person consumes. Foods and beverages that can affect white teeth are carbonated drinks containing dyes, coffee, red wine, tea or berries. Tobacco is also the enemy of white teeth.

If there is a more yellow tooth than the rest, most likely this is due to the nerve that would be affected. The dentist can treat the root canal and then if the treatment is done correctly, the tooth can regain its color.

Some medicines can change the color of your teeth. These include antibiotics or antihistamines. Moreover, as expected, the lack of dental hygiene can also lead to yellowing of the teeth.

Unlike other professional teeth whitening methods, the Zoom Lamp delivers superior results, which last for a long time in just 60 minutes. Depending on the yellowing state, the teeth of those using the ZOOM Lamp treatment will be whitish.

Studies have shown that this whitening method is 100% safe and effective. The procedure does not destroy and does not affect the tooth enamel. It should be noted that this procedure does not cause pain because it is performed under local anesthesia.

Additional resources: <https://www.healthline.com/health/dental-and-oral-health/worst-foods-for-your-teeth>

Teeth are susceptible especially when they meet with crunchy or stronger foods

That is why certain foods should be avoided in order not to overload the teeth. Which are these? Among the most harmful tooth foods include sugar-rich foods. They are to be avoided, especially in the evening, because if the teeth are not cleaned suitably sweet foods increase the risk of cavities. Citric is also to be avoided because they contain acids that can attack the tooth enamel. Neither dried fruit is good because it is full of sugar and sticks to teeth. Pickles are not a wise choice for teeth. Dental enamel has serious problems when it meets the combination of vinegar and sugar.

Drinking carbonated drinks are also a real nightmare for teeth. They contain acids that cause demineralization and erosion of the tooth enamel. Neither alcohol is beneficial. Consumed in larger quantities, it inhibits salivary secretion, producing the sensation known as “dry mouth” in the people. These damages teeth because saliva is recognized as the primary means of the natural cleansing of teeth and gums.

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