

A: 5 Simple Tips for Good Oral Hygiene

Prevent tooth decay and gum disease with these five tips!

B: 5 Tips and Tricks for a Healthy Mouth

Follow these simple steps and improve your oral hygiene!

C: 5 Effective Steps for a Happy and Healthy Mouth

Get your oral hygiene on the right path with these simple tips!



[Source](#)

Good oral hygiene means a lot more than simply brushing and flossing to keep your pearly whites shining brightly. In fact, a healthy mouth can tell you a lot about your overall health, from your risk of chronic gum disease to the presence of systemic conditions in your body, such as AIDS or diabetes.

As there's a strong correlation between a healthy mouth and good general health, it's vital for you to know how to take good care of your teeth. Here are five tips and tricks to help you stay on top of your dental health. Let's take a look!

Tip #1 - Schedule Regular Dental Check-Ups

It has been reported that somewhere between [9% to 15% of Americans](#) avoid regular dental check-ups because of fear and anxiety. And yet, a regular check-up is an essential component of keeping teeth and gums healthy. Not only will your dental professional check for cavities and remove plaque during your appointment, but they will also likely examine your gums and clean/polish your teeth.

While scheduling an appointment [every six-months](#) may seem like an unnecessary hassle, a clean mouth (and the peace of mind that accompanies it) will pay for itself in the long run.

Tip #2 - Brush AND Floss

A second important tip for maintaining optimal oral hygiene is one that you have heard consistently since you were a child. And yet, brushing and flossing your teeth twice a day (maybe even more if you eat small but frequent portions) is still one of the best teeth care tips at home. Another important element of brushing and flossing is your technique.

For brushing, it is recommended to gently brush for at least two minutes while cleaning the outside, inside, and chewing side of each tooth. For flossing, follow the curves of your teeth while gently focusing on your gum lines.

Tip #3 - Consider Braces or Invisalign

Although braces and [Invisalign](#) are most often associated with straightening and properly aligning teeth, they also go a long way in promoting a healthy mouth and gums. How so? Well, as crooked and crowded teeth make it more difficult to properly clean your teeth (which leads to faster tooth decay and gum loss), braces help open up the tight spaces between your teeth, allowing you to brush and floss more effectively.

In addition to your oral health, braces also provide a number of benefits such as correcting bad bites, alleviating speech difficulties, and helping with digestion (properly aligned teeth can better prep food for your digestive system). Interested in learning more about braces and Invisalign? Head to your local expert and ask for a consultation.

Tip #4 - Use a Fluoridated Toothpaste

As a natural mineral that can strengthen both bones and teeth, using a fluoridated toothpaste is a cost-effective technique for reducing the chances of tooth decay and improving your oral hygiene. If you prefer a whitening or sensitivity toothpaste, you could instead opt to incorporate a fluoridated mouthwash into your daily cleaning routine.

While a fluoridated mouthwash doesn't remove plaque, it will work wonders when it comes to protecting your teeth from the acids that are produced by plaque. Just remember – mouthwash isn't a substitute for daily brushing and flossing!

Tip #5 - Clean and Brush Your Tongue

You may be wondering if it's really necessary to clean your tongue, especially if you implement all the tips mentioned above. The answer is a resounding 'yes.' The tongue hosts most of the bacteria that reside inside your mouth. As such, tongue brushing/cleaning is essential for removing harmful and [odor-causing bacteria](#). While many dentists have special devices such as tongue scrapers, most of us can get by with just a toothbrush and a little bit of toothpaste. Look to start towards the back of your tongue and work your way to the tip before thoroughly rinsing with water.

Oral hygiene is no joke! Prevent gum disease, tooth loss, and other oral hygiene issues by following the five simple tips for healthy teeth and gums outlined above. Your mouth will thank you in the long run!

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