

## **Dr. Lamberts' Tips for Healthier Teeth and Gums**

- If you must eat sugary foods, try to eat them all at once and then brush your teeth.
- Chew sugar-free gum after meals when you can't brush your teeth. The gum helps produce more saliva which helps neutralize the pH levels in your mouth.
- Floss once a day, every day.
- Brush twice a day with a soft bristle toothbrush, in the morning and always before going to bed at night. Use a 45 degree angle where the gums and teeth meet to gently clean under the gum line. Be sure to brush for a full two minutes each time. The average person brushes for 45 seconds. The extra few seconds of brushing will remove more plaque and keep your breath fresher. Certain powered brushes can make this easier to accomplish.
- Also brush your tongue and gums. The tongue attracts food debris, which creates lingering bacteria.
- Thoroughly rinse your toothbrush after each use. Replace brush after an illness or each three months, whichever is sooner.
- Drink fruit juice and fizzy drinks through a straw. This helps keep the acid away from tooth enamel.
- Visit your dentist 2 – 4 times a year for professional cleaning to remove tartar from the places brushing and flossing can't reach.
- Eat a healthy balanced diet with lots of fibrous foods proteins and calcium.
- Drink lots of water, it helps produce more saliva which dilutes toxins created by plaque.
- Swish water around your mouth after each meal and snack.
- Quit smoking.
- Have your periodontist or dental office make sure you are using the correct flossing technique.
- Don't drink soda, it contains citric and phosphoric acids which are damaging to the teeth.