

Dental Hygiene Tips

Oral health is always important. But it is even more so in times of isolation as people tend to experience boredom and may snack more frequently which puts teeth at risk of sugar attack.

Here are tips to keep your mouth in tip top shape:

Brushing

- Brush twice daily for two minutes each time using either a manual or electric toothbrush
- Remember to brush along the gumline (where tooth and gum meet) as this keeps the gums healthy
- If the gums bleed then this is generally a sign of early mild gum disease due inadequate brushing and flossing. Don't be afraid to continue brushing at the gum lines - in fact make it a priority to brush the gums back to healthy.

Interdental cleaning (between the teeth)

- This is just as important as brushing. You can floss or use interdental brushes in the spaces between the teeth. This should be done every day.

Snacking

- Try to keep snacking to a minimum and limit sweet treats to meal times. The acids produced by snacking constantly put your teeth at higher risk of tooth decay
- Choose snacks wisely. Be careful of some 'healthy' snacks like museli bars, flavoured yoghurt and dried fruit as they are often high in hidden sugars.
- Make tap water your usual drink. Avoid all sugary drinks including soft drinks, fruit juices, sports drinks and flavoured milks.