

H1: 5 Oral Habits to Develop in 2022

Good periodic habits are the major highlights to maintain a healthy lifestyle which can be of great benefits now or in the future. Since bathing and eating a balanced diet are critical factors in developing excellent health, taking good and proper care of the teeth is also essential.

Good dental care is an essential part of proper hygiene as it not only helps health-wise but also boosts self-confidence, esteem, and a healthy smile.

However, most people disregard these ideal oral habits, which gradually mar their dental health. **Today, our dentist will provide you with five healthy oral habits to develop this year to improve your oral health.**



Alt-text: 5 Oral Habits To Develop In 2022.

Brush and Floss Daily

Brushing your teeth twice daily is the first most vital habit to embrace for good oral care. Learn to brush your teeth as soon as you wake every morning. It helps clean the mouth from overnight food debris and bacteria. However, there are still specific brushing techniques to be carried out to get excellent results.

Brushing is done in small circular motions around the entire teeth area without aggression, which should take a maximum of 3 minutes for completion. Also, don't

forget to use a [soft-bristled brush](#), as using hard-bristled brushes can cause severe damage to the tooth enamel.

Daily brushing and flossing help prevent the build-up of cavities, resulting in tooth decay and other oral issues. When flossing, avoid snapping the floss up and down between the teeth. It may cause severe pain to the teeth and gums.

Embrace Fluoride

Fluoride, a common ingredient found in most toothpaste, is obtained from an earth element, fluorine. It helps prevent cavities and gum disease and strengthens the enamel. Fluoride is also present in more tap water than bottled water which helps to reduce the rate of demineralization of the tooth enamel.

Going forward, ensure your toothpaste and mouthwash contain fluoride and if you choose to hydrate, go for tap water.

Reduce the Intake of Sugary Drinks and Starches

Apart from performing normal oral care activities, habits like taking sugary drinks and starches need to be reduced to the barest minimum. Observing this helps to reduce the probability of getting cavities and tooth decay.

Instead of drinks and starches, water and fiber-rich vegetables, fruits, and sugar-free dairy products are recommended. Finally, if you take sugary beverages such as soda, use a straw to keep liquid from your teeth.

Avoid Smoking

Smoking isn't the healthiest of habits to engage in as it can yield severe damages to the lungs and respiratory system over time. It also affects your oral health by causing tooth discoloration, inflammation, tooth decay, and bad breath and makes you highly susceptible to mouth cancer.

We are conscious of your health and understand that quitting smoking isn't relatively straightforward; however, avoiding it helps improve your immune system and limits the harm done to your mouth. Despite your prolonged exposure to tobacco products, some dental treatment services, such as [teeth whitening](#), [teeth cleaning](#), [oral screening](#), etc., can help improve the quality of your mouth.

Engage In Regular Dental Visits

At [ManiDental Family Practice](#), we are poised at ensuring your teeth remain healthy, polished, and function perfectly. Participating in regular dental visits is crucial to avoid developing oral health issues. It's recommended you see your dentist every six months for [preventative or general dentistry](#) checkups.

This checkup helps you be on the safe side as your dentist checks for possible symptoms of [cavities](#), [gum diseases](#), mouth cancer, etc., and offers immediate solutions before they worsen.

Summary

Dental health should be a top priority for healthy living in every family. It increases each member's self-confidence and enables them to radiate beautiful smiles all day long. An effective oral habit helps you stay healthy and prevent complicated health issues ahead.

If you need the assistance of a [dental practice in Elkin, NC](#), [schedule an appointment](#) with us at ManiDental Family Practice. Our team of professional dentists will work with you to develop better oral habits this year.

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