

The Worst Oral Health Mistakes



For many of us, we don't even realize that we're doing this. However, these oral health mistakes actually can cause gum disease and decay to run rampant in everyone. This chapter will discuss the most common mistakes, and how to avoid them.

The first, is not [brushing twice a day](#). Nearly 25% of adults don't do this, but, real brushing is needed, since it will stop the buildup of plaque, and often, missing one brushing session actually can cause cavities to form, and you don't want that. So, make sure that you do it twice a day for about two minutes.

The second, is brushing wrong. You need to brush right, since it's just as important as brushing at all. This is one of the most common mistakes. When we do this, we want to make sure that every tooth is cleaned, and we get the full surface. You don't want to skim over this, or brush too hard, since that leaves the plaque near the gum line, which leads to gingivitis, and cavities as well, since it definitely is left there. Also, don't brush too hard, since this causes gum damage.

You also don't want to use the wrong toothbrush for the job. There are varying levels of thickness with different brushes. The small headed ones are typically the best since they can get everywhere, but get one that allows you to get to the back of the mouth. Ideally, use one with soft bristles too, since they often prevent the aggravation of the tissues in the mouth. A rounded head makes a huge difference too.

Another common mistake is to not replace the toothbrush enough. Once the bristles start to get weak, you'll want to make sure that you replace it, and even before then it's high time to. You should make sure to ideally get multiple brushes so that you always have a spare nearby. You should definitely not use a brush past the sell by date, since you'll be missing areas of the mouth, and it's nowhere near as good.

Then there is not using floss. You're missing over a third of the areas if you do this. regular flossing gets the plaque and the food that's between the teeth. The buildup of the plaque here leads to gum disease, and it's the main cause of it. daily flossing allows for better plaque removal, and it also will prevent gum disease, so it's something that you will want to do.

Then there is having too much sugar. Our diets are what causes tooth decay, with the main culprit being fizzy drinks. Many of us drink them, but you will want to avoid drinking too many of these, since it will cause cavities, and if you avoid them, you'll be able to lower the instance of this, and ultimately, your mouth will be way happier and way healthier as a result of this. It's one of the key means to maintaining proper [oral health](#) and wellness.

Finally, the last mistake that you can make, and probably the biggest one that you can make, is to avoid the dentist. Lots of times even if our oral health is amazing, we need to visit the dentist at least twice a year. Doing it regularly allows for them to clean, because they will be able to get anything, and it will ensure that the problems that do come up are effectively dealt with. Your dentist can also make sure that you're using the right techniques, and you'll be able to get the best oral care options. You should find a dentist that works for you, and one that is helpful.

These seven different mistakes are all huge ones that a lot of us end up doing. But, did you know that you can get the best oral care that you can if you take the time to rectify this? You'll be able to take better care of your teeth, and improve your oral health, if you learn to avoid these, since often, your future oral health resides on this, so you definitely won't want to miss out on these helpful tips to avoid these common issues as well.