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Are you tired of your yellowing teeth? Embarrassed about going out in public because you do not want people to see how bad your teeth look? Well, you no longer have to hide. It is possible to significantly whiten your teeth and feel good about them. Check out the article below for advice on whitening and improving the health of your teeth.

After you have brushed your teeth follow up with a good fluoride rinse. A fluoride rinse will help protect your teeth by hardening the enamel on your teeth. For the greatest benefit rinse for at least one minute. The proper procedure for rinsing is to swish the mouthwash between each tooth; then, finish with a quick rinse to help freshen your breath.

If you are 50 or older, use non-alcohol mouthwashes. Older people can experience tooth sensitivity, which is made worse by alcohol that can burn and sting. You'd be better off using a fluoride infused, alcohol free mouthwash. You will see more noticeable results if you do this twice a day.

Change your toothbrush every eight weeks. Keeping one longer than this is just introducing bacteria to your mouth, which is contrary to the purpose of brushing. If you have a toothbrush with a removal head, just change the head every two months. Anything used in your mouth longer than this is risky.

Did you just break your tooth? The first thing that you need to do is get in touch with your dentist. After you get in touch with them, rinse your mouth out with warm water. Then use a cold compress on the area to reduce swelling and decrease any pain.

If you run out of toothpaste, baking soda and water can be an effective substitute. Simply mix in some water with a small amount of baking soda and use it just as you would toothpaste. An added benefit to using baking soda is that, along with neutralizing mouth odors, its abrasive nature can help with stain removal.

Saliva plays an important part in keeping your mouth clean. If your mouth always feel dry, you need to hydrate more regularly and use antibacterial rinses to make up for the lack of saliva. If you take any medication, look up a list of side effects to find out if your medication could be causing your mouth to be dry.

If your young child is swallowing a lot of toothpaste, consider switching to a toothpaste without fluoride. Fluorideis quite beneficial in keeping teeth healthy, but it can be dangerous if you ingest a large amount. A young child does need to brush daily, but sometimes using a non-fluoride toothpaste in the earliest stages of bruising can be beneficial.

Get your kids excited about brushing their teeth. There are many great videos out there that can not only show your kids how to brush their teeth, but also why it is so important. Watching other kids and characters that they like displaying good dental care habits, will hopefully motivate them to do the same.

Drink three glasses of milk a day for a healthy smile. Milk is high in calcium, which your teeth need, and it can also help to keep your teeth white. If you want to have the brightest, healthiest smile around you will be sure to drink your three eight ounce servings of milk every single day.

Do not hide your smile anymore. Flash your winning smile with beautiful, white teeth to everyone that you see. Remember that a smile can lead to all kinds of opportunities in your life. Unfortunately, if you never smile because you are embarrassed about your teeth, this cannot happen. Now that you are armed with these tips, you can succeed in whitening your teeth and achieving a beautiful smile you can be proud of.

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