

Back To Basics: The DO's And DON'Ts Of Tooth brushing



Brush your teeth twice a day! It's a phrase we have been listening to from our childhood isn't it? Why do we do brush?

Importance of brushing at night:

Brushing is everyone's daily routine, you just wake up and the first thing you brush your teeth. But few people become lazy and forget to follow the routine of twice a day. They skip night time or before bed brushing the teeth. The night time is the best time for bacteria to replicate. That is the time when your teeth can develop [tartar](#), plaque or cavity.

One has to follow good brushing techniques along with good toothpaste so you can have a smiling oral cavity with pearl white teeth.

The Appropriate Technique for tooth brushing:

Some people get very hard on the teeth and think that will clean the teeth absolutely no. you should brush your teeth in the circular motion. This will clean the teeth from deep inside and removes the plaque.

The Appropriate Time for Brushing:

Bushing in a straight line and finishing it in few seconds is really a non serious attitude towards your oral cavity. You should at least take 2 minutes to brush your teeth. Teeth are sensitive use good fluoride toothpaste. There is no appropriate time for brushing. The Important thing is to clean your teeth fully but at least brush your teeth for 2 minutes.

One Brush for the longer run:

Many of us are very careless about changing the brush. It is a thing we use twice a day but don't use it in a routine. That is why never bother to change the brush sooner. But it is a bad habit. The American Dental Association has recommended that you must change the brush after every 3-4 months. The bristles of the brush get rough after 3-4 months. The rough brush is unable to clean the teeth properly, unable to clean the plaque and other dirt. If you get sick sometime, it is also recommended to change the brush to avoid bacteria to enter your mouth. The bacteria might replicate and infect you again.

Cleaning of your tongue is also important. Do it with the tooth brush or buy a tongue cleaner to have a clean tongue. Most of the problems of oral cavity and bad breath are associated with dirty tongue.

Is brushing after immediate eating good?

It is highly dangerous for the teeth health to be brush soon after eating the food. The enamel of the teeth becomes weak when you just have eaten the food. At least wait for 30 minutes after eating you lunch or dinner or any snacks if you want to. You need to be careful because the acid in the food weakens the teeth for some time. If you really want to wash your mouth so you can wash with water after your meal.

Visiting your dentist is a must:

If you have any pain in your teeth or gums, definitely there is a plaque or cavity. It means you are not brushing well in your daily life. The thing you need to know that if there is a cavity or there is no cavity. You need to visit your dentist every 6 months. To protect your dental health you need to ask about your oral health. Visit to [Dentist Canton MA](#) and cleaning up teeth in a professional way is the most appropriate technique to protect the teeth and gums from outside agents. It is also helpful in protection of dental problems.

Small hygienic measures can protect your oral cavity from big problems. Good living style leads to better living.