

Rodeo Drive Plastic Surgery

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You can have terrible fear of the dentist if you cling to outdated concepts about what dental care is like. The good news is that if you look into what can be done these days, you'll be able to see that there is a lot of technology now that can make it fairly painless. Use the tips below if you wish to begin on your path to good oral hygiene.

If you're nervous about having procedures done, practice deep breathing. When you find one that helps you out, do it before, during and after your visit. You'll have an easier time at the dentist if you do this.

How much time do you spend on brushing your teeth? If you want to brush your teeth efficiently, you will have to spend some time on each tooth so you can brush both sides as well as the space in between teeth. Use an egg-timer if you want to make sure you spend enough time on brushing your teeth.

Most people know that fast food hamburgers aren't good for you, but did you know they can affect your teeth? The hamburger bun contains sugars, which can increase the risk of cavities, and most fast food burgers contain ketchup, which also has a lot of added sugar. Keep fast food consumption to a minimum and brush your teeth right after eating a hamburger.

You need an [effective mouth guard](#) if you engage in sports. If standard models are uncomfortable, ask your dentist for a custom fit guard. Getting hit in the mouth can cause serious damage to your teeth. You'll save yourself a great deal of pain and money if you use a mouth guard.

Calcium plays a huge role in tooth strength, so make sure you're getting at least 500mg per day. If you're not eating a lot of dairies, nuts or calcium-rich vegetables, take a supplement instead. This is the best way to avoid enamel problems or cavities down the road, so take it seriously.

Practice playing dentist before you take your small child to their first appointment. Pretend your children are patients, and you act as the dentist. You play dentist and count your child's teeth with the wrong end of a toothbrush. Give your child a sticker for being good, then switch roles.

Some people think that using lemon and vinegar will whiten their teeth. This isn't true. That is one way to really damage tooth enamel and might make your teeth likely to get cavities and to stain.

When you brush your teeth can be just as important as how often you brush your teeth. Although most dentists recommend brushing twice a day, it is important to make one of those brushings before you go to sleep at night. The production of saliva is much slower during sleep, and less saliva can allow damaging bacteria to grow.

Even though there is baking soda contained in many toothpaste brands, you should never use plain baking soda to brush your teeth. Baking soda by itself will erode enamel. You will increase the likelihood of getting cavities.

Choosing a toothbrush that has the proper bristles for your needs is important. Ideally bristles should be firm enough to remove plaque but not so firm that they irritate and damage your gums. Whether you choose angled bristles or straight bristles is a personal choice and depends on which type you feel works best.

Many people have a fear of getting proper dental care, due to misconceptions and illogical expectations. If people would only invest a little time in learning about modern dentistry, their fears would be allayed. The great information contained within this article will be helpful to anyone interested in maintaining the health of his or her teeth.

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