

Everything but...the teeth!

This is a little reminder to emphasize on the real importance of taking care of your teeth daily: Remember to visit your dentist every six months to get a professional cleaning, a full check-up of your teeth and fix everything that has turned bad. The longer you delay, the more difficult, painful and expensive the treatments will be. Do not wait for unbearable pain...which will lead you to heavy or

radical outcomes such as... root canals, alveolar bone losses and even removals.

Teeth are important in many ways: general health (by preparing the food to be assimilated by the body), pronunciation, professional and social life (a bright smile makes so much difference!) Use dental floss once a day after brushing and before going to bed. Don't allow your children to go to sleep without cleaning

their teeth, and forget about the milk or sweetened water bottle to make them fall asleep.

Did you ever think about the best brush for your teeth and gums? It has to be with a long and thin handle and with a short head. There must be a maximum of 10 rows of hair in the length and four rows in the width. The hair must always be soft. Don't think of saving some money with keeping or sharing your old brushes...you'll pay much more to fix your damaged teeth or gums because of using an inadequate brush. As soon as the hairs begin to lose their straightness, just buy a new brush. Best marks are INAVA, ORAL B and BUTLER. They are available only by your pharmacy.

Brushes for kids are smaller and shorter but have to be soft as well. Let your small children see you

brushing your teeth regularly so that they'll want to do as Daddy or Mummy. Don't forget to rinse your brush after using it. Think of having a travel toothbrush with a small tooth paste tube in your handbag for when you won't have the possibility to come back home for cleaning your teeth after having lunch or dinner. Also have some dental floss to be able to discreetly remove the one little piece of meat jammed in between two teeth and making you crazy and with an ugly smile the whole day!

Did you ever think of the best way to use your tooth brush? The "rolling method" is the best so that you won't damage the basis of your teeth by digging it and won't damage and speed up recession of the gum because of an inadequate way to brush. Your teeth won't be cleaner because you made it with great strength...You need to make your brush nicely roll from the basis to the upper part of the teeth and back, paying even attention to clean but not to damage the junction part of the teeth with the gum. A normal and efficient teeth-brushing will

last at the very least for three full minutes. Then rinse your mouth with water.

The time has come to enhance your hygiene by using dental floss in between all your teeth. Floss has to be waxed so that it will slide better in between the teeth. Sticks don't do it perfectly and damage the gums. After flossing, think to rinse again. Full mouth flossing has to be done at the very minimum once a day at night before going to bed and after teeth brushing. One of the best dental flosses is the JOHN-SON & JOHNSON "Reach" one. You can find it by most of the supermarkets.

If you do it this way, believe me, you will only go to your dentist to get your mouth scaled, polished and to brighten your smile once a year. It is no use rinsing every day or many times a day with any mouth wash. Mouth washes are supposed to be part of recommended treatments to speed up the healing of the gum after scaling or a crown drilling work. Using them every day will modify the oral flora and even the soft tissues of your mouth. They will never

ever replace brushing and flossing. Don't give them to children before the age of 12.

About tooth pastes... do prefer one paste, with fluoride, of course, for your kids? ELMEX and FLUOCARIL propose some of the best for kids under 10. For older children, teenagers and adults use ELMEX, FLUOCARIL, SANOGYL or COLGATE TOTAL. Some particular pastes help the gum to recover from inflammation or damage such as SENSO-DYNE, PAROGENCYL, ARTHRODONT or ELGYDIUM. You can only find them in pharmacies.

Now you're ready to have a healthy mouth... ready to enjoy great dishes, good wines, to make people around you admire your great smile and your partner even more motivated to give you...a French kiss! All scientific information and advice, courtesy of SXM Dental Institute. For more info, go to <http://sxm-dentalinstitute.creation-website.com>



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