Taking care of teeth on a daily basis from a young age is necessary to hold on to them as long as possible.

Healthy Teeth for a Dazzling Smile

Healthy teeth depict a healthy lifestyle. Properly aligned clean teeth not only add to the personality, but also to the confidence of a person. However, despite increasing awareness of the need for dental health care, most of us are still not accustomed to visiting the dentist for routine check-up and show up only once some serious problem, which is not cured by folklore treatments or self or suggested medication, gets out of enduring limits.

Tooth brushing today is as much of an art as science. Unfortunately, most people treat tooth brushing as a habit or a duty. Brushing teeth while continuing to do odd jobs is not an uncommon morning sight. It is just a chore for them to be performed once or twice daily. Hardly any attention is given to issues like the type of toothbrush or toothpaste to be used, when to discard a toothbrush, what should be the correct method of brushing the teeth and so on.

The Toothbrush

Toothbrushes are often made from synthetic fibers, although natural toothbrushes (from animal hair) are also known in many parts of the world. The credit for creating the first mass-produced toothbrush goes to William Addis of England, who while in prison for causing a riot in the year 1780, decided that the method for teeth brushing of the time – rubbing a rag on one’s teeth with soot and salt – could be improved. So he took a small animal bone, drilled small holes in it, obtained some bristles from the prison guard, tied them in tufts, passed the bristles through the holes on the bone and glued them. The first brush was市场的value of "hard or firm" toothbrushes with strong set of bristles meant for large, sturdy teeth and gums or a person with significant dental needs or a "medium" toothbrush with bristles having some degree of flexibility for people with healthy teeth and mouth might lead to overdoing the cleaning action, rubbing enamel from the tooth’s surface and making the gums raw by causing irritation. Such brushes should be used only on the advice of a dentist.

Moving brush harshly can damage cementum that helps the gums to firmly adhere to the teeth causing gum retraction. Use of brushes with flexible ribbed neck designed to prevent excessive force on teeth, enamel and gums is advisable. Greater force results in abrasion and damaged enamel coating of the teeth.

Electric or power brushes have been designed not only to provide adequate force while brushing but also to get to tough areas better than manual brushes.

Proper care is also needed to keep the toothbrush clean and hygienic for every day use. It should be stored in a clear plastic cover that fits over the bristles to keep it free of airborne or hand-held contamination. The brush should not be kept in the open on a bathroom counter as flushing toilets and spraying showers can spread millions of germs all over the bathroom surfaces including the toothbrush.

It is generally recommended to use the mouth wash after tooth brush. A misty fog of mouth wash is spreading on the teeth which is then swallowed. Most dentists recommend use of a 'soft' or 'super-soft' toothbrush, since firmer bristled tooth brushes can damage tooth enamel and irritate gums. But most people have a misconception that 'soft' toothbrushes are meant only for kids. Self choice of a 'hard or firm' toothbrush with strong set of bristles meant for large, sturdy teeth and gums or a person with significant dental needs or a 'medium' toothbrush with bristles having some degree of flexibility for people with healthy teeth and mouth might lead to overdoing the cleaning action, rubbing enamel from the tooth’s surface and making the gums raw by causing irritation. Such brushes should be used only on the advice of a dentist.

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Dental Floss
A variety of devices such as wooden and plastic toothpicks, interdental brushes and dental floss are used to manually remove interdental plaque from the spaces between the teeth. Interdental cleaning is important for optimal oral health, especially for those with wide spaces between teeth, crowding or braces. To use dental floss, wrap 3-4 ft of floss around 2 fingers, form a C-shape and gently curve it around the tooth, sliding it under the gumline. This helps to remove plaque and bacteria. Flossing should be done at least twice a day to remove local factors contributing to periodontal diseases. Improper use of dental floss may cause damage to the gums and tissue. Ideally, the floss should be changed every time it is used to avoid transmission of plaque bacteria from one tooth to another. Discard the used floss when finished.

Dental Caries, Fluoride and Fluorosis
Dental caries or tooth decay results from the breakdown of tooth enamel and dentin by acids produced from the metabolism of sugars. These acids dissolve the tooth structure, forming cavities. When plaque is not removed, bacteria in oral biofilm (dental plaque) form acid in the presence of sugars. The acid damages tooth enamel, leading to cavities. The WHO Global Oral Health Program advocates effective use of fluoride as an essential approach to prevent dental caries.

Fluoride is a naturally occurring element that has been found to reduce decay in teeth. It strengthens tooth enamel, making it harder for acids to dissolve. However, since high fluoride concentrations may increase the risk of enamel fluorosis (discoloration or mottling), it is important to regulate exposure to fluoride to obtain benefits and avoid adverse effects. According to a 2010 study, the fluoride level in toothpaste for children under six years of age should be lower than 1000 parts per million (ppm) to prevent tooth decay. Although children would need to swallow a lot of toothpaste over a long period of time to get the severe brown mottling on teeth associated with dental fluorosis, it is not a risk for most children. Young children should only use a pea-sized amount of toothpaste and avoid swallowing it. The length of the toothpaste should be evaluated to ensure it is appropriate for the age of the child. In general, children should be supervised while brushing to ensure appropriate toothpaste volume is used.

Fluorine in toothpaste is a common source of fluoride, but other fluoride-containing products like mouth rinses are also available. While toothpaste is the most common source, it is confusing for parents to make the correct choice. Ideally, we should be aware of the fluoride content in the toothpaste we are using and the level of fluoride ingestion through other sources, including foods and beverages. Parents concerned about the risk of dental caries or fluorosis of the teeth should consult the dentist. From a public health point of view, however, it is generally agreed that the risk of tooth decay and its consequences such as pain and restrictions due to extraction of teeth is far greater than the small risk of fluorosis due to the amount of fluoride available over-the-counter. It is confusing for parents to make the correct choice. Additionally, fluoride toothpaste is not recommended for children under 12 months of age.
Tongue Cleaner

A tongue cleaner or tongue scraper removes some of the millions of microorganisms (up to 500 different types of bacteria and fungi) that colonize the rear of the tongue and eventually reach all areas of the mouth, including the teeth and gums. These microorganisms are responsible for producing malodorous compounds that cause bad breath and contribute to periodontal problems, plaque on the teeth, tooth decay, gum infections, gum recession, and tooth loss. They are also believed to be associated with a number of serious systemic diseases such as heart attack, cerebral stroke, pneumonia, diabetes, osteoporosis of the jaw, premature birth, low birth weight, and infertility problems.

Tongue cleaning is generally viewed as the solution to most cases of bad breath and is a way to maintain high levels of oral hygiene. However, certain microorganisms can be beneficial in the mouth and excessive removal of these beneficial organisms can lead to bad breath.

Mouthwash

Although many people use mouthwash as an additional cleaning step after brushing, it is important to understand the risks associated with mouthwash use. Some mouthwashes contain chemicals that can cause local side effects such as staining of teeth and restorations or tongue in addition to delayed wound healing.

In addition, it is crucial to understand the exact cause of bad breath in order to treat it effectively. Use of mouthwashes and sprays to freshen breath is recommended between meals and brushings.
Tooth Bleaching

While the use of tooth bleaching agents in the home is rapidly increasing, it is important to understand the potential risks and benefits associated with this practice. Tooth bleaching can be done either professionally or at home, with the latter becoming increasingly popular due to the availability of over-the-counter products.

Home牙 whitening procedures are generally considered safe and effective when performed correctly. However, it is important to note that over-the-counter products may not produce the same results as those obtained by a professional, and there is a risk of damaging the tooth enamel if used incorrectly.

Professional bleaching, on the other hand, can be done at an individual’s convenience and is performed by a trained professional. This process is more costly than home bleaching, but the results are usually more dramatic.

In conclusion, while tooth bleaching can be a great way to improve the appearance of one’s teeth, it is important to weigh the potential risks and benefits before deciding to use a particular product. It is always best to consult with a dentist before starting any tooth bleaching regimen.