

Care to be Taken for Healthy Teeth and Oral Hygiene

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The mouth is an integral part of the human body and serves as the gateway to the body system.

Good oral hygiene is the key to maintaining healthy teeth and can prevent diseases such as tooth decay and gum diseases.

To maintain good oral hygiene individuals should ensure they brush twice daily, this is best done in the night after supper and in the morning after breakfast. It is equally important that toothbrushing achieves its aims and purposes, and as such the choice of toothbrush and toothpaste are important. Tooth brush bristles of medium texture are popularly prescribed for majority of the population with the exception of those with gums that bleeds easily and those who have recently had gum surgery. In the latter case, it might be advisable prescribing a toothbrush with soft bristles. The toothpaste to brush with is important, it is advised that those that contains fluoride and other important ingredients are best and can keep the teeth clean and healthy. The added advantage of fluoride is that it can prevent dental decay and inadvertently keep the teeth healthy. The use of mouthwash solutions as mouth rinse after brushing is also recommended to keep healthy teeth, as they contain antiseptic properties that can prevent oral bacteria from attacking the teeth and gums, thereby preventing oral diseases.

Eating healthy food and avoiding refined carbohydrates such as chocolates is helpful to maintaining healthy teeth, the problem is not with the chocolate in itself but the sugar content. This is because bacteria in the mouth can work on sugar to produce some form of acidic substance that can cause tooth decay. As, it is almost impossible to avoid eating sugar in one form or the other, dentists advice rinsing out the mouth with water or a mouthwash solution immediately after uptake of such sugary substances. The aim is to remove as much sugar as possible in the mouth after eating.

Lastly, it is advisable to visit the dentist for a dental checkup twice a year at least six months interval.

During such visits, the mouth and teeth will be examined and appropriate steps to keep the teeth healthy should be taken, such as professional cleaning of the teeth, treatment and counselling where necessary.

In summary, teeth can be maintained and kept healthy throughout the lifetime of an individual if adequate care is taken, healthy teeth is a compliment to a healthy lifestyle.

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