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Your Daily Dental Checklist

Whether it's the new year or just another day, follow these steps to optimal dental care. You'll maintain healthy teeth and gums, prevent tooth decay, and maintain better breath for doing so.

- **Brush your teeth once in the morning and once in the evening:** This will remove plaque that develops on the surface of teeth. Brush after meals to ensure the best breath and further prevent gum disease and tooth decay.
- **Rinse your mouth with anti-bacterial mouthwash following each brushing:** This will kill any remaining germs.
- **Drink plenty of water:** Water helps wash acids from the mouth that endanger the enamel layer of teeth. Fluoride water is best, as it reapplies minerals to the surface of teeth.
- **Eat raw vegetables and fresh fruits:** These will provide necessary micronutrients to keep teeth and gums healthy, and also help stimulate saliva production in mouth. The fiber in fruits and veggies will also help remove plaque from teeth.
- **Floss at least once a day:** Flossing before bed is most important, as it cleans away food residue before sleep. Flossing removes pressures applied to gums by food particles, and also removes possibility of food trapped causing bad breath. Flossing also prevents plaque buildup into tartar, something that can only be removed by a dentist.