

## 5 Tips To Maintain Dental Health by Dr. Auslander

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### Tips to Maintain Overall Dental Health

When trying to keep your dental health consistent and enough to fight off any unwanted tooth or gum issues, you may think that brushing and flossing are all you need. However, there are a few things that you should know about how to keep all areas of your mouth clean to help maintain good dental health overall. So, here are 5 tips about how to keep your dental health maintained, from the experts at [Auslander Dental](#).

#### Brush the Right Way

Although brushing your teeth is very important, brushing the right way can make just as big of a difference. You have probably grown up hearing that you should brush twice a day for at least two minutes, which is good advice to follow, but that time must be spent brushing properly to get the best possible clean.

So, make sure that you are slowly going in circles and getting all areas of the teeth and not pushing down too hard. Deliberate circles will remove the plaque that built up during the day and ensure that your teeth are left completely clean so that

#### Brush or Scrape Your Tongue

The tongue is a part of the mouth that often gets left out of the dental health conversation, but an unclean tongue can lead to bad breath as well as a number of oral health problems. Brushing gently with your toothbrush can help get rid of those odorous germs and bacteria so that you don't get bad breath, and you will have better oral hygiene overall.

So, when you brush your teeth you can give your tongue a brush too, or get a tongue scraper to get the job done if you don't like using your toothbrush to do it.

#### Floss Consistently

Many people are not good at flossing and will often start to do it before they go in for a dentist appointment. But they tend to stop shortly after due to the difficulty, or the fact that it may hurt a bit at first and cause your gums to bleed. However, this is a sign that you need to be flossing more and stopping will only perpetuate the cycle.

If using floss is too tough, then get the pre-strung disposable floss singles to use so that you won't have to fit the string around your fingers and in between your teeth yourself. So, whether you do it off and on, or not at all, start flossing regularly so you won't bleed when you do and just don't stop.

#### Use Mouthwash

Although many people may think of mouthwash as an unnecessary step, using it can actually be a big help in maintaining good oral hygiene. Mouthwash can get to the tough to reach areas of the mouth that brushing can't and also aides in the reduction of acid in the mouth. Acidity can break down the enamel of your teeth, so getting rid of it can make a big impact on your oral health.

Mouthwash also re-mineralizes the teeth as well, which can help make them strong and resistant to damage and decay. For people who have a hard time brushing, like young children who are still learning to do it independently, mouthwash can make an even bigger difference in helping to maintain healthy teeth and gums.

#### Drink Plenty of Water

This may not seem like something that has much to do with the mouth, and rather your diet, but it can help your mouth and teeth stay healthy just like the rest of your body. When you drink water after a meal, it can help remove some of the acidity and sugar left in your mouth that could cause cavities or decay of enamel. So, drinking water after eating highly acidic foods can help your teeth stay strong.

Also, drinking water can help get rid of the smaller particles of food that you miss during brushing. So, make sure to drink plenty of water throughout the day and especially after meals that can be particularly hard on your teeth.

Going to the dentist won't be so scary knowing that you take good care of your oral health. Just follow these 5 tips and keep your mouth the cleanest it can be.

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