

- Dental care

5 Habits to Maintain Oral Hygiene

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BEING VIGILANT in your daily dental habits goes a long way in the fight against cavities, plaque and decay.



DON'T SLEEP WITHOUT BRUSHING

Throughout the day, the oral cavity accumulates germs, bacteria and plaque as we eat. Brushing vigorously before bed makes sure that germs and plaque are removed from the teeth. While brushing in the morning is essential, the importance of brushing teeth in the evening should not be underestimated.

BRUSH THE RIGHT WAY

If you are not brushing properly, then your dental hygiene might be as poor as a person who doesn't brush at all. Brush the out side and inside of teeth using gentle circular strokes of motion for a sustained period of time. Circular strokes enable effective plaque removal. While brushing, also make sure that you gently rub your tongue with a tooth brush. Since the tongue is an integral part of the oral cavity and has a pivotal role in facilitating eating, it is subject to plaque build-up, which can lead to an unpleasant mouth odour and can also cause oral disease.

DON'T SKIP THE DENTIST

Visiting a dental health practitioner regularly allows an in-depth evaluation of your oral health and means the dentist can intervene to make sure that any disease does not progress further.

FLOSS ROUTINELY

This reduces plaque and stimulates the gums. Start once a day, then slowly build up the routine to floss every time after you eat.