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Fall in love with your smile again

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Maintaining your teeth and gums can have multiple benefits, says Dr Ros Mayne.



Dr Mayne, who is a specialist orthodontist at GV Orthodontics, says proper dental hygiene can help with “systemic health”.

“Good oral health means you have reduced gum disease, reduced decay and reduced pain,” she said. “There is a strong relationship between good oral health and preventing heart disease, so practising good oral hygiene is not only beneficial for your teeth, gums and mouth.”

Dental professionals recommend visiting your dentist every six months to ensure your teeth and gums are kept healthy.

To ensure good dental hygiene, dentists recommend brushing teeth regularly, drinking plain water or milk, and eating a healthy and balanced diet.

“What you eat can have an effect on your dental health, so we encourage everyone to maintain a healthy diet,” Dr Mayne said.

“Eating and drinking properly will help prevent dental issues.”

There are currently many options available to those who aren’t happy with their smile, and who want to feel more confident with their look.

“We’re really lucky with the number of options available to patients these days,” Dr Mayne said.

“We can use veneers, Invisalign, braces, as well as being able to whiten people’s teeth to improve a patient’s smile and make them more comfortable and confident.

“Many people are self-conscious about their teeth, often preferring not to smile or take photos of themselves.

“At GV Orthodontics, we can help you fall in love with your smile again and improve your self-confidence with expert orthodontic care.

“Using the latest in orthodontic techniques and technologies, our team offers a full suite of options for all ages.

“Call the friendly reception team on 5831 1282 to make an appointment to see what specialist orthodontics can do for you.”

Eating and drinking properly will help prevent dental issues. – Dr Ros Mayne