

Dentistry - Basics of Oral Hygiene

Oral hygiene is a key part of overall health and involves regular practices that help keep the mouth clean and free of disease. Brushing twice a day with fluoride toothpaste, flossing daily, and visiting a dentist regularly are basic habits for good dental care.

Poor oral hygiene can lead to dental problems such as plaque buildup, cavities, gum disease, and even tooth loss. It can also affect general health, contributing to conditions such as heart disease and diabetes.

Dentists also recommend reducing sugary food and drinks, avoiding tobacco, and using mouthwash to reduce bacteria in the mouth. Children should be taught these habits early to prevent long-term dental issues.

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