



12 DO'S & DON'TS For 12 Months of Healthy Teeth



1. DO - Drink plenty of water

Water is the driving force of our entire organism and its importance for teeth is well-researched and proven. Drinking enough H₂O prevents dental issues like bad breath, gum problems, and cavities as it dilutes the bacteria staying in our mouth after eating and drinking.



2. DO - Eat fiber-rich fruits and vegetables

The frequent consumption of foods containing lots of fibers is one of the best natural ways to avoid cavities and gum disease next to good at-home hygiene. They keep your teeth and gums clean and get the saliva flowing, as confirmed by the ADA.



3. DON'T - Drink too much coffee

Drinking large amounts of coffee could lead to enamel erosion, bad breath, and teeth discoloration. Protect your teeth from the high acid levels in coffee by regular hydration. Additionally, you can drink your coffee with a straw to avoid staining your teeth.



4. DON'T - Consume fast food & fizzy drinks

It is a well known fact that the so-called "junk food" has a negative impact on the entire body including teeth. Fast food generally increases the risk of diabetes and gum disease. What are the main reasons? The added salt and sugars are highly acidic and might cause cavities. Fizzy drinks, on their part, wear down tooth enamel.



5. DON'T - Drink too much alcohol

The excessive use of alcohol can lead to many problems in one's physical health, including their oral health. It damages teeth by dehydrating the mouth, staining teeth and increasing the acidity levels of the mouth.



6. DON'T - Overbrush your teeth

Brushing your teeth too frequently can lead to enamel wearout. Ideally, brush your teeth 2 to 3 times a day in circular motions. Brush 30-60 minutes after eating, as acidic foods soften your enamel.



7. DO - Brush your teeth the right way

Hard brushing doesn't make your teeth cleaner, in fact that can damage your gums and teeth surface. Remember: It's the technique that matters. Move the brush gently back and forth in short (tooth-wide) strokes in a 45-degree angle to your gums for at least 2 minutes.



8. DO - Remember to floss

Flossing is essential for good oral health. In fact, not using dental floss means not cleaning 35% of your teeth surface. Flossing helps fight bad breath, as it removes food stuck in your teeth. It reduces the risk of gum disease and prevents tooth decay.



9. DON'T - Skip your regular dental check-up

It is a well-known recommendation that you need to visit your dentist every 6 months. Many people, however, forget to do that. But putting off dental visits can result in more expensive and painful treatments. Book your next dentist's appointment sooner rather than later!



10. DON'T - Smoke cigarettes (or at least limit them)

Smoking is another detrimental habit for dental health. It increases the risk of bad breath, dry mouth, gum disease, tooth loss, oral cancer, etc. Prevent yourself from all of these negative consequences by quitting or significantly reducing smoking.



11. DON'T - Neglect dry mouth

Dry mouth can lead to an increased risk of gum disease, cavities, and digestive issues. Prevent dry mouth by drinking water regularly, breathing through your nose only, and chewing sugar-free gums. It's helpful to also limit caffeine and alcohol intake, stop using tobacco products and last but not least...



12. DO - Get your teeth professionally cleaned

The regular removal of plaque and tartar in a dental office is mandatory for maintaining good oral health. The procedure will also help remove the bacteria causing bad breath from your mouth, and prevent potential gum disease.