

10 New Year's Resolution for a healthy smile

1. Brush twice a day

Brushing your teeth twice a day is one of the most important habits for maintaining optimal oral health. However, did you know that only about half of Cypriots brush their teeth twice a day? To establish the habit of brushing your teeth at least twice every day, try following these tips:

- Brush first thing in the morning to remove any plaque that may have built up overnight
- Brush right before bed to remove any food particles or debris
- Avoid brushing too soon after eating or drinking (aim to wait at least 30 minutes but rinse your mouth with water in the meantime)
- Use a pea-sized dab of toothpaste with fluoride
- Brush gently using circular motions

Brush for a full two minutes, spending equal time on different portions of the mouth or wait for the notification from an electric toothbrush.

2. Floss every day

Do you know that flossing is equally important as brushing your teeth every day? Without regular flossing, bacteria can easily build up in the crevices between teeth. This buildup can turn into plaque leading to gum disease, tartar, and tooth decay.

Flossing should be done before you brush your teeth in the morning and before bed at night. To floss properly, hold the floss between your index fingers and gently clean between each tooth, moving the floss up and down and gently working it into the gumline. If you struggle to floss regularly, ask your dentist about a water flosser or a floss threader.



3. Replace your toothbrush regularly

How long have you been using your current toothbrush? If it's been longer than three months or you don't remember how long it has been, then it's important to replace your toothbrush or toothbrush head.

Tips for choosing a new toothbrush:

- Choose a toothbrush or toothbrush head with soft bristles that comfortably fits your mouth
- Consider updating to an electric toothbrush to see if it would help to make brushing easier or more comfortable if you find it difficult to use a manual toothbrush (otherwise a manual toothbrush is just as effective)
- Ask your dentist for a toothbrush recommendation if you are not sure which toothbrush is ideal for you

Further guidelines as to when to replace your toothbrush:

- Every 3 months
- When the bristles are frayed or damaged
- If you have been sick
- If you are not satisfied with the toothbrush you are currently using

4. Eat a diet that includes foods that are good for your teeth

Certain vitamins, minerals and nutrients, along with a balanced diet, can help protect teeth, rebuild teeth, lower the risk of certain oral health issues, and support overall health.

Some of the best foods and beverages to consume to help keep your teeth healthy include:

- Crunchy fruits and veggies, such as apples and celery. Along with providing a variety of nutrients, these crunchy types of fruit and vegetables stimulate saliva flow and naturally help to scrub plaque from teeth.
- Milk, cheese and other dairy products contain high amounts of calcium and can help neutralise acids on the teeth.
- Leafy greens, legumes, and nuts contain a wide range of crucial nutrients, vitamins, and antioxidants that support good oral health.

5. Cut-back on sugar

Along with eating a diet that contains foods that are beneficial for teeth, it is also important to limit or avoid foods that contribute to poor oral health. One of the top offenders is sugar.

Consuming excess sugar can damage your teeth by contributing to plaque build-up for bacteria to feed on, resulting in acid formation, tooth decay, and weakened enamel.



6. Quit smoking

Smoking or using other tobacco products contribute to bad breath, stained teeth, dry mouth, and gum disease. Smoking also increases the risk of oral cancer and other serious health concerns.

It's not only tobacco smoking that can affect oral health and have other health risks – vaping also has serious negative impacts. When vape juice is heated, it can damage enamel and irritate soft tissue. As the ingredients tend to be thick and sticky, vapers may be at a higher risk of developing tooth decay and gum disease.

Vape juice contains propylene glycol (PG) and vegetable glycerine (VG). While these are common food additives, when consumed through a vape, PG breaks down to be acidic which can erode / dissolve / soften tooth enamel and promote growth of plaque and harmful bacteria.

VG combined with sweetened vape flavourings can help bacteria to stick to teeth and soft tissues, as well as soften tooth enamel. A common side effect of vaping is dry mouth, which can not only cause bad breath but can have serious effects on your oral health.

Vaping can reduce saliva, which is important in protecting our teeth. Less saliva means your teeth are more susceptible to the bacteria that cause tooth decay. The oral health risks of dry mouth are compounded if people consume sweetened drinks, such as flavoured milks, energy drinks and soft drinks instead of water to combat the effects, which can then provide a greater food source for bacteria.

7. Drink more water

Making sure you stay adequately hydrated is wonderful for your overall health and it benefits your teeth too! Drinking water throughout the day helps rinse away leftover food and bacteria and helps prevent dry mouth.



8. Enhance your smile

Do you feel self-conscious about a crooked tooth or yellow staining on your teeth? While these cosmetic concerns may not be necessary to fix, addressing these issues can provide a significant impact on your self-confidence and how you feel about your smile.

Cosmetic dentistry offers a variety of treatment options, including:

- Veneers
- Whitening gels
- Surgery such as a gum lift
- Addressing gaps

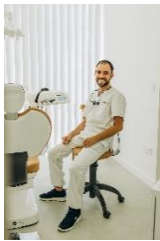
While some procedures are simple and non-invasive (teeth whitening), others can be more extensive. Talk with your dentist about any cosmetic concerns to see what course of treatment would be appropriate for you.

9. Visit the dentist regularly

If it's been longer than six months since your last dental check-up, it's time to do so!

Prevention and early treatment are key to maintaining a healthy smile and avoiding serious oral health complications.

Regular dental visits offer many benefits and these check-ups are an easy, effective way to remove tartar and plaque, monitor oral health, identify any concerns, and receive proper and early treatment for any issues.



10. Address any dental concerns

If you have been putting off getting dental care for a toothache, crowded teeth, chipped teeth, or dental decay, make this year the time you get these concerns addressed. Untreated tooth decay, crowding issues, or damage can lead to serious complications down the road such as tooth loss or infection.

Your dentist can evaluate the health of your teeth and recommend restorative treatments to ensure you have a healthy smile.

Final Thoughts

If your New Year's Resolution is to have a better overall year, having a beautiful smile helps you feel better about yourself, be more confident and be healthy!

The first step is to [contact us](#) to schedule a consultation or appointment. At Family Dental Clinics, our team is here to help you achieve your healthiest, brightest smile in the new year and the rest of your life and protect your budget at the same time!

