

Greenwich Village Dentist Says That Simple, Healthy Habits Can Go a Long Way to Maintaining a Healthy Mouth

New York dental expert, Dr. Charles Puglisi, says that it is easy to make a habit of brushing and flossing regularly.

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EINPresswire.com/ -- "One of the most difficult parts of maintaining a healthy mouth can often be getting into the simple habit or routine of brushing and flossing on a regular basis," says Dr. Charles Puglisi, DMD, F.A.G.D., (www.drpuglisi.net) a leading [Manhattan dentist](#) based in Greenwich Village. "Unfortunately, many people don't realize the importance of brushing and flossing, mostly because they have not been properly educated."

[Dr. Puglisi](#) says that, according to the American Dental Association, it is recommended that individuals brush their teeth at least twice a day and floss at least once a day.

However, Dr. Puglisi says that it is easy for adults of any age to get into the habit of taking care of their mouth, and he offers the following tips:

- 1.) Set up multiple reminders.

"Most everyone has a smartphone these days and every smartphone has an alarm," Dr. Puglisi says. "Set up alarms to remind you to brush and/or floss at a time that is right for you."

However, he warns against ignoring the alarm.



Dr. Charles Puglisi Greenwich Village Dentsit



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“Of course, when you’re busy with another task and that alarm goes off, it may be tempting to hit the snooze button or shut it off completely,” he continues. “So, back up those alarms with post it notes around the house or office, reminding you that this is something that you have to accomplish today, no matter what.”

2.) Set up a rewards system for yourself. Dr. Puglisi says that it is no secret that one of the best ways to form a new habit is to reap some reward.

“Let’s say you have a little shopping addiction or like regular trips to the spa or salon,” Dr. Puglisi explains. “Consider



Healthy Smile - Dr. Puglisi

denying yourself such pleasures until you have brushed and flossed regularly for a full week.”

3.) Be kind to yourself.



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“When trying to get yourself on the road to a new habit, particularly a healthy one, you will likely stumble along the way,” Dr. Puglisi explains. “It is important that you not beat yourself up when this happens.”

Instead, Dr. Puglisi says that it is important to pick yourself up and try again because, in the end, the goal is not to become a model of dental health, but to simply improve the way you take

care of your mouth.

However, Dr. Puglisi says that simply “getting into the habit” is not enough and says that regular dental check-ups are also a must for anyone who wants to maintain a healthy mouth and smile.

For more than three decades, Dr. Charles Puglisi DMD., F.A.G.D, has been offering quality oral care. His practice, located at 39 Fifth Ave, New York, NY, in the heart of Greenwich Village, offers Comprehensive General, Cosmetic and Restorative Dentistry, Laminates, Veneers and Bonding, Cosmetic Tooth Whitening and Tooth Re-shaping, Prophy-Jet™ [Air Polishing](#) Dental Implant Restorations, Crowns, Bridges, Porcelain/Composite Inlay/Onlays, Periodontal Treatments, and more. Call (212) 529-2929 for more information or visit Dr. Puglisi’s website at www.drpuuglisi.net

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