

Sage Dental Experts Debunk the Most Common Oral Hygiene Myths on World Oral Health Day

Top 10 misconceptions when it comes to taking care of your teeth and gums

BOCA RATON, FL, UNITED STATES, March 20, 2018 /EINPresswire.com/ -- Is bleaching really harmful to your teeth? And how well do home remedies for teeth whitening and stain removal work? When it comes to a bright, white smile and healthy teeth, some people will try anything. On World Oral Health Day, Sage Dental dentists share some of the most common myths about taking care of teeth and gums and shed light on what works and what doesn't.

"We've seen and heard it all when it comes to oral hygiene. People are convinced if they've heard it, read it, or seen it on the internet, it must be true," Sage Dentist Kenneth Jainandan said. "There are a few home remedies that make your teeth whiter and your gums healthier. There are also a number of practices that are not healthy, beneficial, or simply don't work."



“

There are a few home remedies that make your teeth whiter and your gums healthier. There are also a number of practices that are not healthy, beneficial, or simply don't work."

*Sage Dentist Kenneth
Jainandan*

10 ORAL CARE MYTHS

_ The more you brush, the better for your teeth.
FALSE: Over-brushing can be harmful to your teeth because it gradually wears away both the outer, protective surface of your teeth (the enamel) as well as your gums covering the roots of your teeth. Over time, aggressive toothbrushing will result in sensitive teeth and gradual gum loss around your teeth (which is irreversible).

_ You should not floss if your gums are sensitive.
FALSE: If flossing is painful to your gums and causes them to bleed, you probably tend to wait for them to heal before you floss. But that's not what you should do. In fact, if you floss regularly, your gums will heal sooner. Flossing daily allows you to clean between teeth – an area where the bristles of your toothbrush cannot reach.

_ You need a new toothbrush once a year.
FALSE. You should replace your toothbrush every three months, or even sooner if the bristles start to

look worn and frayed. It will depend on the type of toothbrush you use, and how often you use it. Many toothbrushes today even have color indicating bristles that will show you when it's time to toss your brush. Remember, always use a soft bristled or electric toothbrush.

_ There is no way to prevent receding gums.

FALSE: While there is some natural recession with age, proper brushing techniques can help prevent recession. Remember to always use a soft bristle toothbrush, as medium and hard bristle toothbrushes actively erode gum tissue – especially with aggressive brushers. Newer electric toothbrushes also have “pressure indicators” which enable the user to minimize trauma to gum tissues. Constant clenching and grinding can also result in gum recession over time. If you find yourself clenching during the day, or waking up with sore jaw muscles, it may be time to consider having a night-guard fabricated by your dentist.

_ Pregnant women shouldn't brush or floss.

FALSE: This is an old wives' tale and completely untrue. It's very important for pregnant women to maintain good dental hygiene throughout pregnancy. Your body's hormonal changes many times result in a higher chance of your gums becoming irritated and inflamed – a condition known as pregnancy gingivitis. Just let the dentist know you're expecting so they can avoid X-rays unless absolutely necessary.

_ All toothpaste brands are the same.

On the whole, this is correct. There is very little difference between many of the mainstream toothpaste brands on the market because they all contain the same ingredients. However, special kinds of toothpaste – particularly those designed for people with allergies and sensitivity – have a slightly different ‘recipe,’ so to speak. If you have generalized sensitivity, using a toothpaste with potassium nitrate is beneficial. Be careful of daily use of whitening toothpastes, as they often contain abrasives that wear away your enamel and result in greater sensitivity over time.

_ Bleaching is harmful to teeth.

FALSE: Many people think bleaching and whitening is damaging to the teeth, but there is no evidence to support this idea. This misconception may stem from the fact that bleaching causes temporary tooth sensitivity. If you do use a product of this kind, you are likely to feel sensations from food and the movement of air a lot more keenly. It is beneficial to use a sensitive toothpaste after whitening your teeth, for at least two weeks. However, be careful of frequent use of in home teeth bleaching products, as excessive use will irritate your gums and tooth enamel – leading to prolonged sensitivity.

_ You can whiten your teeth with baking soda.

This common home remedy for teeth whitening MAY remove minor surface stains, since baking soda and water create a mild abrasive. However, deeper and older stains will not be removed. Consulting your dentist regarding in-office and at-home whitening treatments is your best bet regarding products that can adequately break down harder to remove stains.

_ Strawberries and lemons can whiten teeth.

Mixing strawberries or lemons with baking soda MAY remove mild surface stains but are ineffective compared to products specifically formulated to whiten teeth. Hydrogen and carbide peroxide are the active ingredients in teeth whitening systems and pastes, and actively enter your tooth structure to break these stains down. These ingredients are lacking in strawberries and lemons.

_ Whiter teeth are healthier teeth.

FALSE: White teeth may appear healthy superficially, but cavities may linger between teeth. This is why it is advisable to maintain your yearly dentist checkup, where a full examination is conducted and

your teeth are x-rayed – the only way to tell if cavities are present between your teeth. We should not only aim for “white, bright” teeth (as everyone’s natural teeth shade is different).

There are a lot of home remedies and “try this at home” suggestions for a cleaner, healthier mouth. Always check with your dentist if you have questions about effective treatment or remedies, and maintain the basics – brushing twice daily, flossing daily and regular cleanings and preventative care visits to your dentist.

For more information and to find nearby locations visit www.mysagedental.com

Chris Herbert
Redefining Public Relations
6144488703
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.