

Practical Advice for Better Oral Health: Tips from Wattle Park Dental in Surrey Hills, Melbourne

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/EINPresswire.com/ -- Good oral health isn't just about fixing problems as they arise, it's about building habits that prevent them in the first place. At [Wattle Park Dental Surrey Hills](#), led by Dr Marvin Yau, we want to help you do exactly that: build the everyday habits and long-term strategies that keep your smile healthy, comfortable, and problem-free. Whether you're due for a check-up or simply looking for guidance on caring for your teeth at home, here's where to start.

1. Regular Dental Check-ups and Cleanings

The foundation of good oral health starts with regular dental visits. At Wattle Park Dental, we recommend seeing your dentist at least every six months for a comprehensive [check-up and professional cleaning](#). Regular visits help detect early signs of decay, gum disease, and other dental concerns before they become more serious. Professional cleanings also remove plaque and tartar buildup, which regular brushing can't always address.

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Dr Marvin Yau

2. Maintain a Good Oral Hygiene Routine at Home

Brush twice a day with a fluoride toothpaste to remove plaque and prevent cavities. It's essential to brush for at least two minutes, ensuring you cover all areas of your

mouth. Don't forget to replace your toothbrush every three to four months or sooner if the bristles are worn.



Flossing is equally important for cleaning between your teeth and along the gum line, where a toothbrush can't reach. Aim to floss once a day, ideally before bed, to remove food particles and plaque that could lead to cavities or gum disease.

3. Protect Your Teeth From Tooth Grinding

Many people grind their teeth, especially at night. This condition, known as bruxism, can cause significant damage to teeth over time. If you experience jaw pain or headaches, or if you've noticed worn-down teeth, our team can talk you through options like custom-fitted night guards and dental splints to help protect your teeth and ease the discomfort.

4. Watch Your Diet and Limit Sugary Snacks

What you eat plays a significant role in your oral health. A diet rich in fruits, vegetables, lean proteins, and dairy products supports strong teeth and gums. Limit sugary snacks and drinks, as they can contribute to tooth decay and cavities. If you do indulge, drink plenty of water afterward to rinse away sugar and acid that can harm your teeth.

5. Stay Hydrated to Promote Healthy Gums

Drinking water throughout the day is not only good for your overall health but also for your oral



Dr Marvin Yau - Dentist at Wattle Park Dental Surrey Hills



Surrey Hills dentist providing practical oral health advice

health. Water helps wash away food particles and neutralises acids in the mouth, preventing cavities and dry mouth. Saliva is essential for oral health as it helps prevent decay, so staying hydrated supports saliva production and helps keep your mouth healthy.

6. Address Dental Anxiety with [Sleep Dentistry](#)

We understand that dental visits can be stressful for some patients. If dental anxiety is preventing you from seeking treatment, consider discussing sleep dentistry options with Dr. Yau. Sleep dentistry allows you to undergo dental procedures while relaxed or even asleep, ensuring you receive the care you need without added stress. It's an excellent option for people who need extensive treatment but feel anxious about the process.

7. Protect Your Teeth During Physical Activity

If you play sports or engage in activities that could result in dental injury, wearing a mouthguard is essential. Mouthguards protect your teeth from impacts and help prevent broken teeth, jaw injuries, and other dental problems. Dr. Yau can provide a custom mouthguard that fits your mouth comfortably, offering a level of comfort and coverage that off-the-shelf options typically can't match.

8. Quit Smoking for Better Oral Health

Smoking contributes to a range of oral health issues, including gum disease, tooth staining, and bad breath. If you're looking to improve your oral health, quitting smoking is one of the best decisions you can make. At Wattle Park Dental, we offer resources and support to help patients quit smoking, which can ultimately lead to healthier teeth and gums.

About Dr. Marvin Yau: Your Trusted Dentist in Surrey Hills

Dr. Marvin Yau is a family and implant dentist in Surrey Hills, focused on providing personalised care, including treatments for missing teeth, dental anxiety, and aesthetic concerns. With a special interest in implant dentistry and surgical procedures, Dr. Yau helps patients regain both the function and confidence they need in their smiles. He regularly attends continuing education courses to stay current with developments in dentistry, reflecting his ongoing commitment to quality patient care.

Conclusion

Maintaining good oral health is an ongoing effort that requires regular care, a healthy lifestyle, and professional support. At Wattle Park Dental, we are here to guide you every step of the way with practical advice and personalised treatments to keep your smile healthy and bright. Whether you're in need of a routine check-up, cosmetic treatment, or dental implants, Dr. Yau and the team are here to support you. Contact us today to book an appointment and take the next step toward optimal oral health.

Dr Marvin Yau

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