

Common myths about your teeth



There is lots of useful information on the internet but sometimes there can be errors. Here are five common myths:

Myth 1: The harder you brush, the cleaner your teeth will be.

False! Actually, pressing hard on your teeth wears away the tooth enamel. Brushing is about technique. Tilt your toothbrush to a 45-degree angle and with a gentle grip, use small circular motions. Divide your mouth into four sections and spend 30-45 seconds brushing each section.

Myth 2: Rinsing your mouth after your brush is fine.

False! Rinsing your mouth with water or mouthwash immediately after brushing your teeth will wash away the fluoride in the remaining toothpaste, thus diluting it and reducing its preventive effects.

Myth 3: If there's no pain, no need for an appointment.

False! The absence of pain does not always indicate that everything is OK! Many diseases manifest themselves without causing pain in the early stages. Our dentists will be able to hopefully nip any problem in the bud and suggest the right form of treatment before it becomes painful.

Myth 4: Sugar-free drinks cannot harm your teeth.

False! Although diet drinks don't contain any

sugar, they are still highly acidic and therefore are still harmful for your teeth. This also applies to 'no added sugar' drinks because they contain natural sugars and acids. When your teeth are exposed to a lot of acid, it can erode away the enamel and lead to cavities, sensitive teeth and perhaps tooth loss. Try and limit your intake of these drinks to mealtimes or better still, stick with still water – the healthiest option!

Myth 5: You should brush your teeth straight after eating.

False! Brushing right after eating acidic foods can harm your teeth as acid attacks your teeth, so brushing can push the acid deeper into the enamel. Wait at least 30 minutes for your saliva to help wash away the acid naturally before brushing. Brushing with a fluoride toothpaste before a meal will leave a protective layer of fluoride, minimising the adverse effect of the foods.



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