

## 8 common mistakes in dental care

If you often commit 8 common mistakes in dental care below, then get rid of it right away!

1. Check out 10 types of special foods that are harmful to teeth
2. 10 mistakes are often made when taking care of your teeth
3. 8 abnormal signs on the skin warning the body is having serious health problems

Most of us often brush our teeth at least once to twice a day. In fact, just brushing your teeth in the morning and evening is not enough to keep your teeth healthy and have a perfect smile.

We have found **8 common mistakes in dental care** that almost everyone has. Do not think that gums are not important because once they are hurt it can make you feel pain, so uncomfortable that "crazy" is always there. Please join us to find out and eliminate mistakes when taking care of your teeth below. And if you need a reliable dentist, simply consider Tallahassee Dental Specialists.

### 8. Press the brush too hard while brushing your teeth





© depositphotos © depositphotos © depositphotos

If you **press the brush too hard every time you brush your teeth** , the bristles will bend and this will make the removal of plaque and bacteria on the teeth ineffective.

Not only that, this can also lead to gum damage, especially if you use a brush with a strong bristle. This is a common mistake in dental care that you need to eliminate today.

Better yet, every time you brush your teeth, **gently put the brush into a circle on your teeth for 2-3 minutes** .

## 7. Don't pay attention to what we eat every day



© depositphotos © depositphotos

Everyone knows that eating too much sweets can cause tooth decay. However, to keep teeth healthy, we need to eat foods that contain calcium, phosphorus and fluorine. Here are some suggested foods for you.

**Some foods containing calcium include:**

1. Milk Products;

2. Fruit and vegetable peels;
3. Fish;
4. Bean.

**Some foods containing phosphorus include:**

1. Fish;
2. Cereals;
3. Nuclear nuts;
4. Lentils.

**Fluorine** is also essential for strong teeth and it is found in milk and salt . However, to supplement fluorine we should not eat much salt.

## 6. Do not use other cleaning products



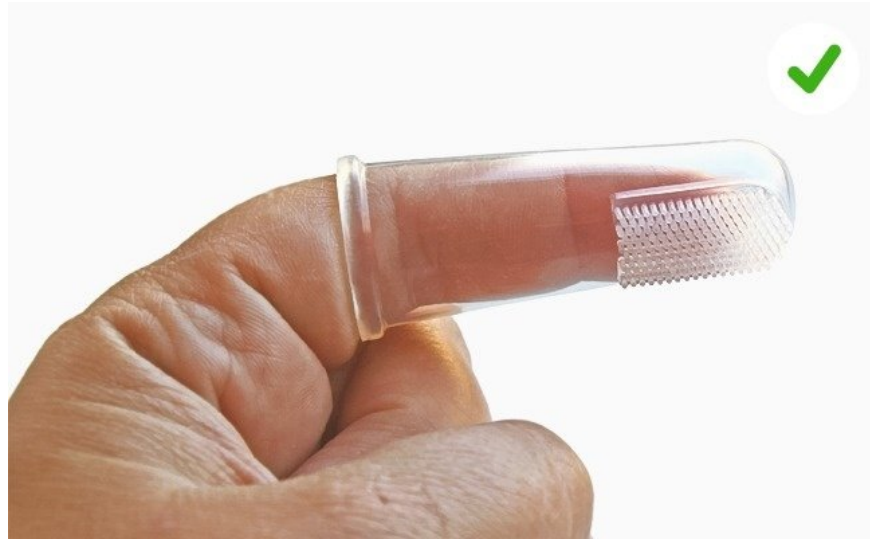
© depositphotos © depositphotos

Whether or not your toothbrush is hard **can not completely remove dirt from the teeth** , especially between teeth. That is why we should use **dental floss** - the product can clean gaps between teeth.

If the gap between the teeth is quite wide, you can use the interdental brush to clean. You should also use mouthwash to reduce bacteria in your mouth.

In addition, you can use **oral irrigator** - a method of cleaning teeth with a water swab. It's like a shower for teeth and gums that you can use after every brushing.

## 5. Do not take care of the gums carefully



© depositphotos

If your gums are weak and not enough blood supply can lead to **periodontitis** . With this disease, your gums are easy to bleed, inflamed, tender and open the neck. More severe, you may lose teeth ( *tooth loss* ).

For health benefits, massage them with a toothbrush or finger in a circle. When eating, pay attention to hard food and chew carefully. Moreover, you can also wash your mouth with oak bark or scented tree with salt solution.

If your gums tend to bleed, see your dentist to prescribe a specific medicine to help your gums get better.

#### 4. Do not take tartar regularly



© depositphotos

**Tartar** is something that is formed from saliva and food that builds up into plaque around the teeth. Tartar is yellowish brown, hard and hard to remove with a toothbrush.

Teeth and tartar accumulating for a long time can cause periodontal disease, including osteoarthritis around the teeth. You should note that tartar can only be removed when visiting a dentist and they use special tools.

Ideally, you should go to the dentist once a year, based on your dental health, which the doctor will advise you on how to take care of your teeth.

### 3. Think that you are "too old" for braces

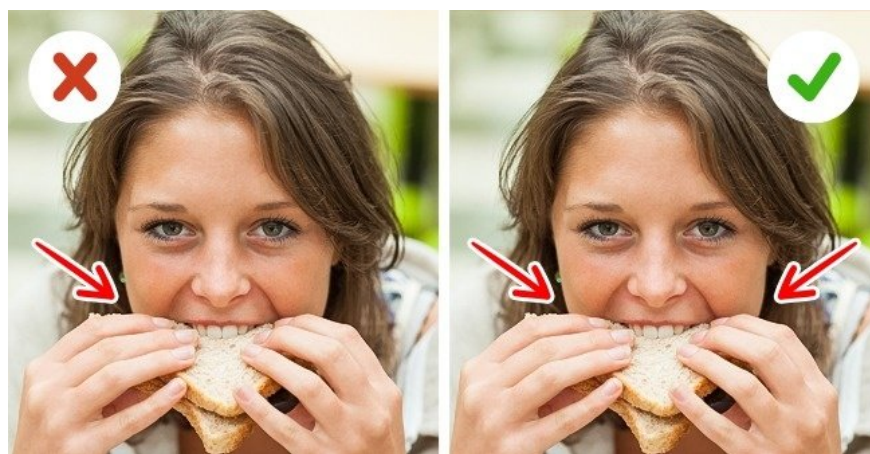


© depositphotos © depositphotos

Many people believe that they can only "straighten their teeth" during the teenage years. When they grow up, they think it's too late for braces. However, that is the wrong conclusion. Even a beautiful smile is not the main reason for treatment. If your teeth have problems, it can lead to holes and cause tooth decay.

If you lose confidence when wearing traditional metal braces, you can choose to use **an orthodontic device during Invisalign or braces fixed in the teeth ( behind the teeth )**. Don't be afraid to book an appointment with the orthodontist!

### 2. Only chew on one side of the jaw



© depositphotos

**Chewing food also works to clean your teeth** , so if you only chew food with one side of your teeth, you will likely face the risk of tooth decay on the side that you usually don't use.

In addition, chewing food on one side of the tooth may cause the muscles of the other mouth to become stiff and thick, **the muscles on each side will become asymmetrical** . Finally, this can lead to pain and even cause hearing problems that no one wants.

Therefore, when eating, you need to pay attention to **chewing food on both sides** , especially " *hard* " food because it will make your teeth stronger.

## **1. Do not teach children to take care of their teeth properly**



© depositphotos

Some subjective parents believe that children do not need to take care of their teeth properly because baby teeth are only temporary. However, a child should know what is right and what is wrong because our teeth will change according to our daily routine. The brushing process must last at least 3 minutes and the brush should be moved around the mouth.

Moreover, a **child's permanent enamel is not as healthy as an adult's** . The grooves ( *cracks* ) on their teeth are often deeper, which is why the food particles are not easily brushed. Teach me to brush my teeth properly. Perhaps that is the most important to help prevent tooth decay.

**Bonus: How to use the old brush**



In addition, you should also consider changing toothbrushes used to ensure oral hygiene. Dentists recommend that you **change your toothbrush every 3-4 months** but if you see a brush showing signs of wear, bristles or a lot of impurities, you should replace it early.

Here are some ideas that you can do with your old toothbrush:

1. Rub and remove dead skin on lips;
2. Clean nails;
3. Brush and dye eyebrows;
4. Cleaning corn and potatoes;
5. Hitting shoes, keyboards, cleaning tile floors and anywhere hard to reach.

To create a convenient tool from a toothbrush, you can heat the handle with fire and bend if necessary.

Also, if you put the brush in the bathroom, you should **avoid close to the toilet** because the bacteria from the toilet can shoot at the brush every time you flush. The brush should be dry after each use to limit the proliferation of bacteria.

See more: If you want a proper diet, don't ignore these 10 serious mistakes!

Having fun!

You finished reading the article "**8 common mistakes in dental care**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.