

Brushing your teeth at any time of the day is the best

Most of us have wrong views about brushing our teeth, especially when brushing is best. To maximize the benefits of daily brushing and oral hygiene, please tell us the ideal 'golden times' to perform these tasks as follows.

To own a bright and clean white teeth, daily oral hygiene with us is a necessary and necessary job. However, most Vietnamese people are often brushing their teeth in the morning order when they wake up and dark before going to bed. Whether such brushing is the right time and good for our teeth. Brushing teeth at the right time and in the right way is the most effective way to protect teeth and prevent tooth disease. Do consider Gateway Oaks Dental for regular check-ups as well to keep your pearly whites healthy.



In fact, every day we have a lot of habits to mistakenly believe that it is right and good for health, but scientifically it is completely wrong. Such as the myth of dental care. We often think that, after finishing eating, especially eating dishes made from fish, onions, garlic . Causing our breath to get foul and teeth will be dirty so we will go to clean the teeth mouth after eating immediately, but in fact this is a very dangerous habit for dental health. Not only that, if drinking water with oral gas is still very weak because the teeth must be exposed to the acids from the foods we are eating, if brushing teeth immediately after eating will cause tooth enamel to quickly erode. , weakens teeth, tarnishes and increases the risk of tooth decay. Therefore, dentist experts recommend **oral hygiene (including brushing or gargling) after eating for at least 30-60 minutes** . During this time, the acidity from the food intake is less digested and the oral hygiene is really effective for you.



In fact, not to brush your teeth as much as possible. Most Vietnamese people often have the habit of brushing their teeth in the morning in the order of getting up - brushing teeth - having breakfast and going to work (going to school). This is a non-standard sequence for the morning, because if after brushing your teeth and eating breakfast again, the previous brushing will return to zero, since the food is still attached to the teeth and not cleaned. Besides, when brushing your teeth in the morning when you wake up, you are destroying the bacteria from the mouth during sleep. So when you brush your teeth for the morning, you should do the following: Sleep up - rinse your mouth thoroughly with salt water - eat breakfast - brush your teeth thoroughly then leave the house. For the evening too, before going to bed you should clean your teeth. With this method not only helps you have bright white teeth like movie actors, but this habit also helps you have a good health in the morning when you will have to eat breakfast before brushing your teeth.



Now you know when to brush your teeth when is the best? Please change if you have wrong dental care habits.

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