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Top Oral Care Tips from a Dental Expert

By Timothy Donley, DDS, MSD

Set a date with your dentist or dental hygienist.

At minimum, you should visit a dental professional for checkups twice a year (some insurance plans cover more than this!).

These appointments are integral to your oral and overall health, as dental professionals can spot issues rooted in the mouth, such as gum disease and inflammation, that can affect other bodily systems if not properly addressed.

Prioritize cleaning between the teeth.

Neglecting to clean the spaces between your teeth allows bacteria and plaque to grow, which if left untreated, can lead to gingivitis and other diseases outside of the mouth, including heart disease, diabetes and respiratory illnesses.

To ensure you're reaching those cracks, I recommend using an oral irrigator such as **Philips Sonicare Power Flosser**, which uses unique Quad Stream technology in an X-shaped water stream to cover more surface area for a faster, deeper clean versus manual floss.

Have an open line of communication with your dental professional.

These experts are a great resource for patients and can offer medical advice outside of the regular cleanings and whitening treatments patients most often visit for.

Tell your dentist about any issues you may be experiencing both in and outside of the mouth - your dentist can pinpoint these issues and can see how your oral health is affecting the rest of your body and recommend specialists as necessary.

Boost your brushing routine with a power toothbrush.

Using a power toothbrush provides a slew of benefits for your oral health between built-in timers and signals to micro-vibrating bristles to ensure a complete, yet gentle clean.

For those just starting with a power toothbrush, I recommend **Philips Sonicare 4100** - which removes up to 7X more plaque than a manual toothbrush[1], detects excessive pressure and alerts you when to ease up and offers two intensity settings to ensure maximum comfort while brushing.

[1]vs manual toothbrush for healthier teeth and gums