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Brush your teeth with fluoride toothpaste twice a day for about 2 minutes to help keep your teeth and mouth healthy. Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to gum disease and tooth decay. Tooth brushing stops plaque building up.

~~How to keep your teeth clean - NHS~~

Method 1. 1. Brush for at least two minutes. Do this in the morning and at night before you go to sleep. [3] 2. Protect your teeth against decay by using a toothpaste with fluoride. Fluoride strengthens the enamel coating on your teeth, making it less ... 3. Prevent tooth decay from occurring ...

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~~3 Ways to Keep Your Teeth Healthy and Strong — wikiHow~~

“Our mouths have the potential to spread infections, so keep your toothbrush separate from other people’s. Store your brush head down in a mouthwash containing hydrogen peroxide, such as Perox, and make sure you rinse it under hot water before and after brushing.

~~6 Tips From A Dentist To Keep Your Teeth Healthy During ...~~

Calcium is essential for healthy teeth and is found in milk and other dairy products, as well as in leafy green vegetables. Fibrous foods like apples, carrots and celery can help to keep gums healthy, as they create a scrubbing action as you chew. Plus they increase saliva production, which helps to rinse away bacteria.

~~How To Keep Your Teeth Healthy — Aviva~~

Brush your teeth twice a day. As you age it is important to keep up with good dental hygiene. The core part of good dental hygiene is brushing your teeth twice a day. This removes food particles and bacteria that causes tooth decay.

~~3 Ways to Maintain Healthy Teeth As You Age — wikiHow~~

It’s no secret that the general recommendation is to brush at least twice a day. Still, many of us continue to neglect brushing our teeth at night. But brushing before bed gets rid of the germs and...

~~11 Best Practices for Healthy Teeth~~

Give your teeth a cleansing workout. Munching on crunchy fruits and vegetables, such as carrots and apples, at the end of a meal or as a midday snack can serve as a sort of mini tooth-brushing...

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Brushing your teeth twice a day (last thing at night before you go to bed and on 1 other occasion) with fluoride toothpaste and having regular check-ups with a dentist can help to keep your teeth healthy. Diet, smoking and drinking alcohol also have an effect on dental health. A healthy diet is good for your teeth

~~Lifestyle tips for healthy teeth — NHS~~

10 tips to look after your teeth. Brush at least twice a day. The best time to brush teeth is after meals. Choose a toothbrush with a small head for better access to back teeth. Soft ... Use fluoridated toothpaste. Fluoride helps to harden tooth enamel and reduces your risk of decay. Brush ...

~~10 tips to look after your teeth — Better Health Channel~~

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Start teeth cleaning when they're a puppy and brush their teeth everyday to get them used to it. If you haven't done this, then gradually introduce the activity by having your finger near their mouth. Maintain the habit and slowly introduce brushing until this is natural. You'll need a to buy a dog toothpaste as human ones aren't suitable.

~~Cleaning Dog's Teeth— Advice & Welfare | RSPCA~~

Keep The Floss Close- To avoid getting those pesky bits of food stuck in your teeth when moving from meal to meal, appetizer to dessert, keep your floss handy to remove any stuck foods while also removing any plaque build-up. Skip Stain-Causing Foods- Our eyes can be easily drawn to bright, colorful foods on the Thanksgiving table but it ...

~~How To Keep Your Teeth Healthy During Thanksgiving ...~~

Perform your best oral hygiene routine before bed. Since the mouth is closed during sleep, it becomes a breeding ground for bacteria. That's why pulling out all the bells and whistles before you go...

~~How To Keep Your Teeth Healthy & White Without Seeing A ...~~

8 Ways to Keep Your Mouth Healthy. Pay a visit. If you're prone to ditching the dentist, you're among the roughly 50% of adults in the United States who don't see a dentist yearly ... Count the years. Toddlers and older adults tend to fly under the dental health radar, but they need mouth ...

~~8 Ways to Keep Your Mouth Healthy— WebMD~~

"You need to brush your teeth regularly to remove bacteria, as well as reducing the amount of sugar you're consuming." Always brush your teeth as soon as you get up to give them added protection....

~~Are your teeth ageing you? How to keep your teeth white ...~~

Brushing teeth at least twice a day helps to keep them clean and to get rid of any plaque which might attack the enamel. You should also floss your teeth - this removes bits that get stuck between your teeth as well as plaque. Rinsing with a mouthwash also keeps your mouth and gums clean and healthy.

~~Teeth and dental care for KS1 and KS2 children | Teeth and ...~~

To floss, your teeth use flosser and go up and down the side of one tooth and then up the side of the adjacent tooth before moving on to the next pair of teeth. And make sure also floss your molar tooth, especially at the back where difficult to brush. #4 Go for Fluoride Mouthwash

~~How To Keep Your Teeth Whiter With Braces: 5 Ways for ...~~

Follow good oral hygiene practices. Brush your teeth at least twice daily, floss at least once daily to remove plaque, and

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rinse with an antiseptic mouthwash at least once a day to kill bacteria...

~~Tips to Keep Your Teeth White - WebMD~~

One of them is to maintain healthier teeth. Fruits like apples, oranges, watermelons and pineapples help in reduction of cavities. It contains minerals like vitamin A and C that helps in improving gums health. These foods are known as dental detergents which help in production of saliva which helps in cleansing of the mouth.

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