



Wibrowski Family Dentistry
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Maintaining A Happy Smile

The human mouth contains more germs than any other part of our body, so it's important to maintain a healthy oral hygiene. According to a study by Stanford University, between 100 million and 1 billion germs are on each individual tooth in your mouth and roughly 31 different bacterias. While some of these can be good for your health, it's important to practice good habits with your oral hygiene to avoid the bad germs and bacterias from getting out of hand. Here are three habits you should be practicing regularly to maintain a pearly white smile.



Brush

Brushing is something that we learn at an incredibly young age, before we recognize how important it really is. Many dentists agree that you should spend at least two minutes brushing your teeth. This could be split evenly, a minute on top and a minute on bottom, but should be done twice a day.

Floss

When we floss we are cleaning the spaces in between our teeth that our toothbrush can't reach. Adding this to your routine is especially important because of the effect flossing has on your gums. Flossing on a routine basis can minimize the chances of ever having to deal with gingivitis or gum disease. Whether you do it before or after you brush, it doesn't matter, so long as you do it.

Practicing good oral hygiene is easy once you get into the swing of it. If you haven't been practicing 2 minutes of brushing with regular flossing, the chances are that your gums and mouth might be sensitive at first. After two weeks of regularly doing both, you'll notice a change in your own smile. Visit Wibrowski Family Dentistry in Edmonton for more tips on maintaining your smile.