



Wibrowski Family Dentistry
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Horrible Habits That Damage Your Teeth

While your teeth are not indestructible, they are still pretty tough. However, there are little bad habits that we all have that could be slowly damaging your teeth. Do you bite your nails or drink a lot of soda? These are both huge no no's when it comes to dental health, but there are some other nasty habits you may have that are, although it may be unbeknownst to you, damaging your teeth. Check out the list below. Are you guilty of any of these?



Brushing Too Hard

Wait a minute, how can brushing your teeth be bad for them? We all know that brushing your teeth helps keeps them, as well as your gums, clean and healthy. However, brushing too hard and too aggressively can actually do more harm than good. Not only can brushing your teeth too hard quickly wear down tooth enamel, but it can even lead to the development of cavities. So, the next time you go to brush those pearly whites, do so a little more gently. Using a soft bristled brush will also help prevent this kind of damage.

Crunching On Ice

How many of you like to crunch on ice? It seems harmless, right? Well, this habit can actually cause serious damage to your teeth. Our teeth are not designed to be able to withstand the hardness and cold temperature of ice. Before you go crunching on that next cube, think about what it could be doing to your teeth.

Using Your Teeth As A Tool

Who has ever used their teeth to rip off a tag or rip open a bag of your favorite snacks? We would venture to guess that most everyone has done this at least a time or two. Some dentists in Edmonton may even be guilty of this. However, using your teeth like this can severely damage them and threaten your overall dental health. Always, always opt for a pair of scissors instead!