



AWARENESS

## 3 QUICK TIPS FOR YOUR TEETH, TONGUE AND GUMS

**Self-care when it comes to oral hygiene can be quite a mouthful.**

The benefits of a happy tongue and healthy teeth and gums 'speak' for themselves. So, take a look at these 3 quick tips to upgrade your mouth maintenance:

### 1. Don't sleep with a dirty mouth

Always brush your teeth before going to bed.

You should try and brush your teeth at least twice a day and doing so at night is especially a good idea as your mouth can get full of bacteria while you sleep and this can be due to a decrease in saliva, which is why 'morning breath' is a concern for some of us.

When brushing, make sure you do a decent job and take your time to ensure your teeth are clean.

Plaque buildup due to insufficient brushing can harden over time and cause gum disease.

Oh, and don't forget to floss! Flossing prevents food getting stuck between your teeth, which could cause bacteria and decay.

### 2. Getting bad tongue hygiene licked

Many people focus on keeping their teeth and gums clean but neglect to do so for their tongues.

The tongue can be a veritable hotbed for unwanted bacteria and germs and can also develop a buildup of plaque when it is not being properly cleaned every day.

Using a good mouthwash can help to keep your tongue clean too.

### 3. Your gums are your chums

Healthy gums make a happy smile and they contribute significantly to overall oral hygiene.

Visit your dentist regularly to make sure your gums are good and if you take good care of your teeth and tongue, your gums will also reap the benefits.

Your diet can contribute significantly to your gum health too, avoid sugar and acidic foods.

With these tips, hopefully you will be able to mouth-off about how others can keep their gums, teeth and tongues in tip top condition too.