



Ultimate Guide On Oral Care For Better And Brighter Smiles



ABSTRACT

Take a moment to think about your own oral health. It's something which far too many of us often overlook but this shouldn't be the case. Developing and maintaining good oral health and hygiene doesn't have to be expensive, time-consuming or difficult but can lead to so many worthwhile benefits for the mouth and our overall wellbeing. To keep your mouth healthy and your smile beautiful simply follow this guide and you will be on your way to a life of good oral hygiene.

INTRODUCTION

Achieving healthy teeth takes a lifetime of care. Even if you've been told that you have nice teeth, it's crucial to take the right steps every day to take care of them and prevent problems. This involves getting the right oral care products, as well as being mindful of your daily habits.

Good oral health involves more than just brushing. To keep our teeth and mouth healthy for a lifetime of use, there are steps that you should follow. Here's what you should consider.

I. Your Oral Health Care Plan

1. Understand your own oral health needs.

Talk with your dentist, other oral health care specialist, or hygienist about any special conditions in your mouth and any ways in which your medical/health conditions affect your teeth or oral health. For example, cancer treatments, pregnancy, heart diseases, diabetes, dental appliances (dentures, braces) can all impact your oral health and may necessitate a change in the care of your mouth and/or teeth.

Be sure to tell your dentist if you have experienced a change in your general health or in any medications you are taking since your last dental visit.

2. Develop, then follow, a daily oral health routine.

Based on discussions with your oral health care provider about health conditions you may have, develop an oral health routine that is easy to follow on a daily basis. For example, people with special conditions, including pregnancy and diabetes, may require additional instruction and perhaps treatments to keep their mouth healthy.



Make sure you understand the additional care and/or treatment that is needed, commit to the extra tasks, and work them into your daily health routine.

3. Use fluoride.

Children and adults benefit from fluoride use. Fluoride strengthens developing teeth in children and prevents tooth decay in both children and adults. Toothpastes and mouth rinses contain fluoride. Fluoride levels in tap water may not be high enough without supplementation to prevent tooth decay.

Contact your water utility to determine the level for your area. Talk with your dentist about your fluoride needs. Ask if fluoride supplements or a higher strength, prescription fluoride product is necessary for you.

4. Brush, floss, and rinse daily.

Brush your teeth at least twice a day (morning and before bed time) and floss at least once a day. Better still, brush after every meal and snack. These activities remove plaque, which if not removed, combines with sugars to form acids that lead to tooth decay. Bacterial plaque also causes gum disease and other periodontal diseases.

Antibacterial mouth rinses also reduce bacteria that cause plaque and gum disease, and fluoride mouth rinse can help prevent tooth decay.

5. Eat a balanced diet and limit snacking.

Eat a variety of foods, but eat fewer foods that contain sugars and starches (for example, cookies, cakes, pies, candies, ice cream, dried fruits and raisins, soft drinks, potato chips). These foods produce the most acids in the mouth, which begin the decay process. If you do snack, brush teeth afterward or chew sugarless gum.



6. If you use tobacco products, quit.

Smoking cigarettes or using smokeless tobacco products increases the risk of oral cancer and cancers of the larynx, pharynx and esophagus; gum disease; bad breath; tooth discoloration; and other oral and general health problems.

7. Examine your mouth regularly.

Become familiar with the appearance of your own mouth and teeth through frequent examination. This way, you will be able to catch any changes at an early stage and have these changes examined by a dentist. Look for the development of any spots, lesions, cuts, swellings, or growths on your gums, tongue, cheeks, inside of your lips, and floor and roof of your mouth.

Examine your teeth for any signs of chipping or cracking, discoloration, and looseness. If you experience a change in your bite or develop pain, call your dentist as soon as possible. An oral exam is particularly important to conduct if you are a tobacco user, since you are at an increased risk of developing oral cancer.

8. Visit your dentist regularly.

The standard recommendation is to visit your dentist twice a year for check-ups and cleanings. Talk with your dentist about the frequency that is best for you.



9. Develop a partnership with your dentist.

Don't be afraid to ask your dentist for more information if you don't understand a treatment or procedure. You should be able to have a free and frank discussion with your dentist. Here are questions you may want to ask:

- What are the treatment options for a particular dental condition?
- How do these options differ in cost and durability?
- Do all the options solve the problem? What are the benefits and drawbacks of each option?
- Of the dental treatments being recommended, which are absolutely necessary, which are less urgent, which are elective, and which are merely cosmetic?
- What are the consequences of delaying treatment?
- How much will the treatment cost?
- When is payment due?
- What method of payment does your dentist expect?
- Do you have a clear understanding of all fees and methods and schedules of payment?

II. 11 Ways to Keep Your Teeth Healthy

We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.

1. Don't go to bed without brushing your teeth

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 plaque that accumulate throughout the day.



2. Brush properly

The way you brush is equally important — in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time, moving the toothbrush in gentle, circular motions to remove plaque. Unremoved plaque can harden, leading to calculus buildup and gingivitis (early gum disease).

3. Don't neglect your tongue

Plaque can also build up on your tongue. Not only can this lead to bad mouth odor, but it can lead to other oral health problems. Gently brush your tongue every time you brush your teeth.

4. Use a fluoride toothpaste

When it comes to toothpaste, there are more important elements to look for than whitening power and flavors. No matter which version you choose, make sure it contains fluoride.

While fluoride has come under scrutiny by those worried about how it impacts other areas of health, this substance remains a mainstay in oral health. This is because fluoride is a leading defense against tooth decay. It works by fighting germs that can lead to decay, as well as providing a protective barrier for your teeth.

5. Treat flossing as important as brushing

Many who brush regularly neglect to floss. Flossing is not just for getting little pieces of food or broccoli that may be getting stuck in between your teeth, as Jonathan Schwartz, DDS. points out. "It's really a way to stimulate the gums, reduce plaque, and help lower inflammation in the area." Flossing once a day is usually enough to reap these benefits.

6. Don't let flossing difficulties stop you

Flossing can be difficult, especially for young children and older adults with arthritis. Rather than give up, look for tools that can help you floss your teeth. Ready-to-use dental flossers from the drugstore can make a difference.



7. Consider mouthwash

Advertisements make mouthwash seem necessary for good oral health, but many people skip them because they don't know how they work. Schwartz says mouthwash helps in three ways: It reduces the amount of acid in the mouth, cleans hard-to-brush areas in and around the gums, and re-mineralizes the teeth. "Mouthwashes are useful as an adjunct tool to help bring things into balance," he explains.

"I think in children and older people, where the ability to brush and floss may not be ideal, a mouthwash is particularly helpful."

Ask your dentist for specific mouthwash recommendations. Certain brands are best for children, and those with sensitive teeth. Prescription mouthwash is also available.

8. Drink more water

Water continues to be the best beverage for your overall health — including oral health. Also, as a rule of thumb, Schwartz recommends drinking water after every meal. This can help wash out some of the negative effects of sticky and acidic foods and beverages in between brushes.

9. Eat crunchy fruits and vegetables

Ready-to-eat foods are convenient, but perhaps not so much when it comes to your teeth. Eating fresh, crunchy produce not only contains more healthy fiber, but it's also the best choice for your teeth. "I tell parents to get their kids on harder-to-eat and chew foods at a younger age," says Schwartz. "So try to avoid the overly mushy processed stuff, stop cutting things into tiny pieces, and get those jaws working!"

10. Limit sugary and acidic foods

Ultimately, sugar converts into acid in the mouth, which can then erode the enamel of your teeth. These acids are what lead to cavities. Acidic fruits, teas, and coffee can also wear down tooth enamel. While you don't necessarily have to avoid such foods altogether, it doesn't hurt to be mindful.

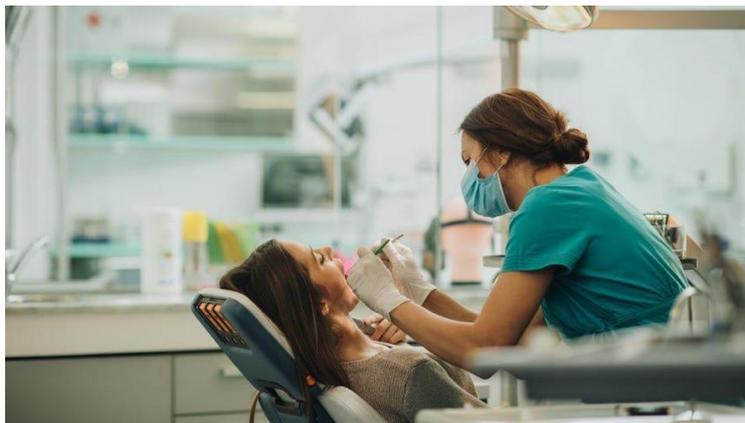


11. See your dentist at least twice a year

Your own everyday habits are crucial to your overall oral health. Still, even the most dutiful brushers and flossers need to see a dentist regularly. At minimum, you should see your dentist for cleanings and checkups twice a year. Not only can a dentist remove calculus and look for cavities, but they will also be able to spot potential issues and offer treatment solutions.

Some dental insurance companies even cover more frequent dental checkups. If this is the case for you, take advantage of it. Doing so is especially helpful if you have a history of dental issues, such as gingivitis or frequent cavities.

III. Your Guide To Dental Cleaning



Staying on top of routine dental cleanings can play an essential role in your overall health and well-being. In fact, routine dental cleanings can prevent more serious oral health complications like gum disease and dental cavities that can lead to tooth loss.

Knowledge about dental cleanings—and why they're so important—is key to maintaining optimal oral health. Here's everything you need to know.

What Is a Dental Cleaning?

Just like an annual physical is essential to your body's overall well-being, a routine dental cleaning is key for the health of your smile. Its main goal is to remove plaque and tartar buildup on your teeth and under your gum line to reduce your chances of cavities, gum disease or eventual tooth loss. It also gives your dentist and dental hygienist the chance to look for signs of tooth decay, oral cancer and other oral health issues.

“A routine dental cleaning involves the removal of soft and hard deposits (plaque and calculus) above, around and just below the gumline by scaling [a technique that your dental professional uses to remove plaque and tartar from the root surfaces of your teeth],” says Dianne Sefo, a clinical associate professor and chair of dental hygiene and dental assisting at NYU College of Dentistry.



This non-surgical, routine procedure can vary in duration, depending on the state of your teeth and gums when you arrive. “A dental cleaning typically takes a little under an hour,” says Sefo. However, the appointment's duration can depend on several factors, such as how much scaling is necessary.

Both a dental hygienist and dentist are involved in the process. “A dental hygienist will collect the necessary assessments and notify the dentist when this is complete. We are looking for anything abnormal that would need treatment or referral to a specialist,” says Sefo. Your dentist will then examine your teeth, existing restorations, and gums and look over the hygienist's findings.

How often you should get a dental cleaning depends on your unique circumstances, and your dentist will determine the most appropriate frequency for you. It's common for dentists to recommend twice-a-year cleanings for optimal oral health, but if you have signs of gum disease, a shorter interval of every three to four months may be necessary.

The American Dental Association (ADA) recommends your dentist be the one to determine your visit frequency, guidance that's based on a 2013 study in the *Journal of Dental Research*. The researchers found high-risk patients would most likely benefit from dental cleanings at more frequent intervals compared to low-risk patients.

What Happens During a Dental Cleaning?

The phrase “dental cleaning” can be a bit misleading when you consider how much goes into this routine appointment, as it entails much more than simply scraping off plaque from your pearly whites.



Before a dental professional begins to clean the buildup from your teeth, they perform a thorough examination of your mouth and surrounding facial and neck area. “This includes taking vitals (blood pressure, pulse, respiration, temperature), your health history, social history and dental history, an oral cancer screening, a head and neck examination and the examination of your teeth and gums,” says Sefo.

She also explains the possibility of taking X-rays, which can help identify anything abnormal that would require treatment or a referral to a specialist. Once all the assessment data is collected, Sefo says, a diagnosis can be made of current conditions. Then a treatment plan can be created to address your specific needs. The frequency in which you will need X-rays or radiographs of your smile will depend on a few key factors: your age, current oral health, risk for disease and any signs or symptoms of oral disease, according to the ADA.

Once these assessments and recommendations are complete, the cleaning can begin.

“Soft and hard deposits, known as plaque and calculus, are removed from the surfaces of your teeth,” says Sefo. “This is done by a process known as scaling. Scaling can be done manually and by power-driven scalers.”

“Remaining plaque and stains on your teeth are then removed by polishing with an abrasive paste,” she says. This gritty paste can get stuck between teeth, so polishing is followed by flossing. If needed, a fluoride treatment is done at the end of the appointment to help keep your teeth strong and prevent cavities.”

What to Expect After a Dental Cleaning

Your mouth may feel a bit funny after a dental cleaning, depending on how much scaling was done and what tools were used. Hopefully, you’re excited by the smooth, plaque-free feeling when you glide your tongue over your teeth.

Your dental hygienist is a great resource for what to do after your dental cleaning. They may instruct you on proper brushing and flossing methods and give you guidance on nutrition and smoking, which affect your oral health.



It might be helpful to ask how long you should wait to eat or drink after your appointment, what your mouth should feel like and when to schedule your next routine cleaning or specialist appointment, if needed.

Health Benefits of a Dental Cleaning

There are three key health benefits to attending your routine dental cleanings, including:

- The maintenance of oral health
- The prevention of oral diseases
- Early detection of oral diseases and infections

“Those who don’t get their routine dental cleanings are at risk for oral diseases, such as cavities and gum disease,” says Sefo. “There is also a strong link between oral health and systemic health. For example, periodontal disease has been associated with a number of health conditions, including heart disease and diabetes. Also, many oral cancers are treatable if detected early, so routine examinations that typically occur with dental cleanings are important.”

And don’t forget the cosmetic reason for routinely checking in on your pearly whites—a brighter smile.

How Much Do Dental Cleanings Cost?

Dental cleanings can range in cost from about \$100 to several hundred when paid out-of-pocket, according to a 2016 ADA survey on dental fees. Factors that influence price include your location, your age (if it’s a child or adult cleaning) and additional procedures, such as getting X-rays.

Dental insurance should cover routine preventive dental care—including dental cleanings, according to the National Association of Dental Plans (NADP). The NADP

also notes that most plans should cover 100% of all preventive care while basic procedures (such as periodontal treatment for gum disease) are usually covered 60% to 80%, depending on whether your dentist is in or out of your insurance network. Every insurance plan is different, so reach out to your insurance provider to understand your coverage prior to attending your cleaning appointment.

You can also pay for additional dental cleanings and other preventive work with funds from your health savings account (HSA) or flexible savings account (FSA), according to the IRS.

Routine Dental Cleaning vs. Deep Dental Cleaning

In addition to routine dental cleanings, dentists also offer deep dental cleanings for patients who have more substantial cleaning requirements. Here's how the two differ.

Routine Dental Cleaning

As noted above, a routine dental cleaning involves the removal of soft (plaque) and hard (calculus or tartar) deposits on your teeth, as well as above and around your gumline by a process known as scaling. It's normal to feel a bit of sensitivity after a dental cleaning, but your dental professionals shouldn't need to use a local anesthetic for the level of discomfort you feel.

Deep Dental Cleaning

A deep dental cleaning is more extensive, lengthy and costly, depending on the severity of your condition. It's considered an effective way to treat gum disease before it escalates. Pain can occur during a deep dental cleaning, so a local anesthetic is often used for comfort.

"A deep dental cleaning, also known as scaling and root planing or periodontal debridement, involves scaling in deeper areas along the roots of the teeth," says Sefo. "The space between gums and teeth gets deeper below the gumline when there is deterioration of the tissue and bone that supports teeth due to bacterial infection. This is known as periodontal disease. If the infection is not treated by deep dental cleaning, or possibly surgery, it can lead to tooth loss."

You may be surprised if your dentist or dental hygienist recommends a deep dental cleaning, especially if you haven't noticed any painful symptoms of gum disease.

"Unfortunately, people often have periodontal disease without experiencing pain," says Sefo. "Most may not realize an infection exists. This goes back to the importance of getting routine examinations."

IV. How to Fix a Chipped Tooth

Chipped teeth can not only be an issue for your overall oral health, affecting the roots of the teeth and appearance, but they can also be painful. Chipped or cracked teeth can cause pain when chewing or exposed to hot or cold temperatures. Pain can occur erratically as well.



In some cases, you might not have symptoms. However, a fracture or missing piece of the tooth can be visible.

Treatment for a chipped or cracked tooth varies depending on the extent of the crack or chip. Smaller cracks or chips may be repaired easily. Others may require more serious treatment.¹

In this article, you will learn the difference between a chipped and cracked tooth, when to see a dentist, different treatment options, their costs, and how to prevent future chips or cracks.

Chipped vs. Cracked Tooth

A chipped tooth and a cracked tooth, though similar, are different.

A crack in the tooth usually starts near the gum line and spreads toward the chewing surface. Though the tooth remains intact, a fracture line may become visible across the tooth. In some cases, the fracture is only visible using a microscope, and a dental professional has to find it.

In other cases, the crack may extend through the entire tooth from the chewing surface to the root (the part of the tooth inside the bone socket).²

A chipped tooth is a tooth that has broken. A small or large piece may have been knocked off through a fall, sports injury, or other trauma to the mouth, including biting something hard.

Chipped teeth are the most common dental injury.³

When to See a Dentist

A chipped tooth is best treated as soon as possible after the injury to prevent further damage.

Cracked teeth should also be treated as soon as possible. An untreated crack can cause permanent damage to the tooth and its roots to the point that it is no longer functional and needs to be pulled.

There are various types of cracked teeth. They are:



Fractured cusp (tooth prominence) where a piece of the chewing surface breaks off, most likely in a molar

Cracked tooth where a crack extends from the chewing surface to the gum line

Split tooth where a crack has split open the tooth into two distinct pieces

Vertical root fractures begin at the root of the tooth and extend towards the chewing surface. They may have no symptoms but can be the most damaging over time.

It is important to see a dentist for most chipped and cracked teeth. But in some cases, as with craze lines, there is no need to see a dentist.⁴

Craze Lines

Craze lines are tiny cracks on the surface of the teeth that may be visible but are very shallow. Though these lines may affect the appearance of the teeth, they are extremely common in adults and do not cause issues.³

Emergencies

See your dentist immediately if your chipped tooth reveals roots or pulp (the interior part of the tooth that has the nerve and blood vessels) or the pain is extreme. Most dentists will reserve time in their schedules for emergencies or have an after-hours line to help you assess the injury.

Repair

Teeth do not repair themselves once cracked or chipped. Treatment is likely necessary. Repairing a cracked or chipped tooth can be minimal or require extensive treatment depending on the type of crack and how much of the tooth is affected.

The goal of treatment is to stop the crack or chip from worsening and relieve pain. There are several different types of treatment to achieve this goal.

Cracked Tooth Syndrome

Cracked tooth syndrome encompasses the various types of cracked teeth ranging from craze lines to vertical root fractures.

Temporary

A temporary crown (a cap that goes over the tooth) may be placed on a tooth experiencing cracked tooth syndrome. Though these are not effective in the long run, they can help prevent further damage by changing how the teeth come together when biting down.

This temporary solution avoids putting unnecessary pressure on an already cracked tooth.

Filling

A filling, like the ones used for cavities, may be placed over a fractured tooth to protect it. Fillings are most often used in the case of a fractured cusp on the biting surface of a molar.

Veneers

Veneers are a layer of material that is placed over the tooth to improve its appearance and protect the surface of the tooth from further damage. Veneers are a common choice for treating a chipped tooth as they can restore appearance.



They can also be used for smaller cracks. Veneers can be made from porcelain or composite and are formulated to match teeth.

Root Canal

A root canal may become necessary if the crack extends into the root of the tooth. This can cause infection and damage to the root, which needs to be treated. During a root canal, the pulp and damaged part of the tooth is removed.

After a root canal, the dentist will place a crown over the tooth to protect the remaining parts of the tooth in order to help avoid extraction.

Crown

Crowns can restore a tooth that has been cracked or chipped. A crown is a cap that goes over the tooth and is made of a strong material that looks like the tooth. Crowns provide strength and prevent further damage by restoring the tooth to its original shape and function.



If a filling is too big to be supported by the remaining tooth, a crown can be placed over it to protect the tooth.

Cost

Depending on the type of treatment required and insurance, the cost to repair a cracked or chipped tooth can range from several 100 dollars for a filling to close to \$1,200 or more for a crown or root canal.

If you are concerned about cost, it is best to call your dentist and ask for their range of prices as each dentist and situation will be different.

Prevention

There are simple steps you can take to prevent a chipped or cracked tooth. These include but aren't limited to:

- Wear a mouthguard when participating in certain sports or recreational activities.
- Use scissors to cut things instead of using your teeth.
- Avoid chewing foods that are known to cause cracks or chips, such as ice, popcorn kernels, and hard candy.
- See your dentist on a regular basis.

Chipped and cracked teeth can be painful and affect your oral health. Seeking treatment as soon as possible can help prevent further damage. A dentist will determine the correct treatment option, which could include a temporary crown, veneers, filling, root canal, or crown.

When you chip or crack a tooth, it can be tempting to delay calling a dentist, especially if it doesn't hurt. But problems (including pain) can develop, and early assessment and treatment is the best way to head them off. Also, seeing your dentist regularly can help find small cracks before they increase in size.

V. CAN PORCELAIN VENEERS BREAK EASILY?

Porcelain veneers are used to restore smiles by covering chipped teeth, gaps, or stained teeth. They are closest in appearance to natural teeth and are strong enough to provide the required support for biting and chewing.



Most dentists in Hope Island recommend porcelain veneers because they can be customised and need a minimally intrusive procedure. One of the most common questions asked by patients getting a porcelain veneer is about its durability.

Many of them want to know if it can be broken easily. Porcelain veneers are resilient, long-lasting and do not need to be replaced for years. However, it is important to break a few habits to properly care for them or they can get chipped or cracked.

How Long Do Porcelain Veneers Last and Why do They Break?

Porcelain veneers are sturdy and can last up to 15 to 20 years. Thus, they are commonly used in cosmetic dentistry to fix the colour and shape of natural teeth. However, they are not permanent and have to be replaced down the line.

They can break early if you bite on hard foods. Thus, if you want to increase their life, you must avoid things that can cause breaking of the veneers. Here are the reasons for veneer damage.

Chewing Hard Foods

Veneers are like natural teeth and do not cause any interference with chewing and biting or talking. However, you must avoid eating hard foods like crushing ice cubes with your teeth, or biting on the seed of an apricot, or trying to break the walnut shell with your teeth.



Also, make sure you are not trying to open bottle caps with your teeth or bite a pencil or your fingernails. Get rid of all these bad habits that can break your veneers because they are not as strong as natural tooth enamel and focus on healthy eating.

Incorrect Fitting

You must visit an experienced dentist for the procedure as they make sure that the porcelain veneer fits correctly, and you can bite or chew without any gaps or discomfort.

If the patient has to make an extra effort to chew or bite with the veneer, it can make them put more pressure on it, which can lead to cracks and chipping. This is the reason why dentists make the patients undergo biting tests to get the proper fit and bite.

Teeth Staining Drinks

Porcelain veneers resist stains and retain their colour throughout their lifetime. So, you do not have to worry about staining them while consuming too much black coffee and red wine.

However, your addiction to these beverages can make your other teeth stained, which can bring out a stark contrast between the natural teeth and the porcelain veneer.

The visible colour comparison can make the veneer appear artificial and bring them to the notice of people. Thus, you must restrict your intake of dark liquids that are known to stain natural teeth.

Abrasive Toothpastes

Many people use whitening toothpastes to brighten their smile and shine up their teeth. However, these products usually have an abrasive texture that rubs over the teeth enamel to remove the plaque and film of bacteria.

The regular abrasion and rigorous brushing can make the veneer cracked as it breaks the glazing agent that covers the coating on the porcelain veneers.

You can make sure that it does not happen by using fluoride toothpastes that do not contain baking soda or any other abrasive ingredient. Ask your dentist to suggest a fluoride-based toothpaste that does not affect the veneers.

Incorrect Bonding

Porcelain veneers are bonded to teeth with the help of a resin that is hardened with a special light so that it stays intact and does not move from its place.



If the veneer is not bonded correctly by the dentist, bacteria can enter the gap between the tooth and the porcelain veneer. It can lead to damage beneath and cause pain. Thus, the dentist will have to remove it to treat the bacterial infection.

Tooth Grinding

Involuntary grinding of teeth usually happens during sleep and sometimes during the day. The excessive pressure exerted on teeth can lead to chipping and cracking of veneers. The common reason behind teeth grinding is stress.



If you wake up with a painful jaw or headache, you may be grinding your teeth in sleep. Thus, you must try to eliminate stress from your routine and indulge in stress relieving activities like meditation and yoga.

You can also ask your dentist to provide you with a mouthguard to keep your teeth and veneers safe from the impact of grinding or clenching.

Low Quality Veneer

Another reason that can lead to the breaking of the porcelain veneer is that the dental lab that created the cosmetic device used low quality material to build it.

To avoid such issues, you must visit a renowned dental clinic and an established dentist with experience who will get the customised device produced at his own lab or get it made from a reputed one.

Porcelain veneers are the safest, easiest, and most convenient way of getting cracked, chipped, or stained teeth restored with cosmetic dentistry. It can last for decades if you follow the tips offered by dentists in Hope Island to keep them protected and clean.

CONCLUSION

Having a proper oral care routine can lead to a brighter smile and promote good health, and it's crucial to be mindful of our oral hygiene to avoid health issues down the road. According to the CDC, poor oral care can lead to cavities, gum disease, heart disease and even cancer. These facts make one thing clear: dental hygiene is a lifelong commitment that's important for our overall health.

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