

## A Short Communication on Healthy Teeth

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What things keep your teeth healthy, you must be aware. Brushing your teeth regularly is not enough to keep your teeth health, how? let me Explain you. Timing of brushing your teeth is very important, let's say morning and evening, yes you are right, but what time? when? how? quality and appropriate brush is very important. Individuals' need different technique and different kind of brush so as for toothpaste. Again, the timing is very important, means before going to bed and after breakfast is ideal timing for brushing, you are not allowed to have even single bite after brushing your teeth before going to bed, if you did, than again you have to clean your teeth, but not definitely with toothpaste, only brushing your teeth with water can give you enough protection, mind it this relaxation is only for once in a blue moon not always.

You are brushing your teeth 2 times a day, but the duration and the brush you are using is not suite able for your teeth, also choosing of paste, it is very important, usually whole family is using one kind of toothpaste, if it suits you, fine, but normally it is not.

Why selection of toothpaste is important, if your teeth having already enough portion of Fluoride in your teeth, you may need less % of Fluoride or for some time 0 fluoride contain toothpaste. Above figure represent condition called fluorosis, this is very simple example for non-medical persons.

Secondly, did you ask any professional that what kind of brush like hard, medium, soft, or extra soft will provide enough health cleaning to my teeth? Thirdly, duration is having significant important while brushing your teeth, people used to brush according to their thoughts, routine, like, if someone is drowned in their thoughts, that person will brush till the thoughts or planning completed or till they feel discomfort, then they realize that I spent too much time on brushing, which is wrong approach. 2 to 3 minutes are enough to clean your oral cavity including teeth. Furthermore, if you are under dental treatment your teeth cleaning protocol may be change according to dentist advise.

Step ahead, brushing technique or method is very important, may be the technique you adopted is not for your teeth or may be good, because may be you have misaligned teeth, Your teeth tell us what food you had or having, depend upon the area you lived and living, like those who are drinking boring water(directly pull from deep down earth), mountain water, spring water, processed water, natural water or unhealthy non purified water which effects teeth's composition. As we all know there not only teeth present in the mouth, but your Gingiva has also very significant role in your heathy teeth, so we have to look the nature and texture of your gingiva because every individual has different kind of tooth and gingiva combination, The reason of long story is, don't copy to other, just ask to the professionals that what technique will keep my teeth healthy.

Every toothpaste which is coming in the market and its new, is totally not for you, ask your Dentist before choosing the toothpaste, because the toothpaste prescribed by Dentist is working today maybe it will not work when you recover from previous disease, like teeth

sensitivity or common example is bleeding gums. Your dentist advises you teeth whitening toothpaste, after teeth whitening to keep your teeth whiter for some period.

Furthermore, type of brush is very important, always using hard brush will damage your teeth's outer layer known as enamel, which protect inner sensitive part of your teeth. Too much brushing with hard brush will result sensitivity of your teeth.

The force you are applying while brushing is very important, always be gentle with your teeth, hard hand forces, that will create problem for teeth and soft tissues like gums. Don't forget to gain guidance from your Dentist about the type of toothbrush and movement of your hand while brushing.

Too many factors combine to make healthy teeth, functionally, Aesthetically, and off course your habits and diet are very important to keep health teeth.

Those who are having artificial teeth in any form like any systemic disease, crown, bridge, partial or complete denture, Implant or the one is under orthodontic treatment, will need different kind of protocol for health teeth according to their condition.

Different kind of teeth different kind of teeth cleaning.

Below are some examples of normal teeth, treated teeth and diseased teeth.

Also, there is example of permanent discoloration of teeth like tetracycline teeth, that staining will not remove by you, no matter how many times you brush or how hard you brush, you must have seen Dentist to treat staining.



Figure

### **Conclusion**

Cleaning of teeth depend on all below factors:

- Method of brushing
- Timing of brushing
- Kind of toothbrush
- Nature of teeth
- Medicine compromise teeth
- Gum disease teeth
- Treated teeth
- Crooked teeth
- Normal teeth.

Have a happy smiling life.

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