



7 Preventive Dentistry Habits You Need to Be Doing

Are you taking care of your teeth between dental appointments?

As the saying goes, "An ounce of prevention is worth a pound of cure," and nowhere is that truer than when it comes to caring for your teeth.

It's important to adopt some preventive dentistry habits if you want to keep your smile looking great. It can be a lot easier and cheaper to take care of your teeth in the first place instead of investing money on corrective procedures down the road.

You may not realize some of the ways you may affect the health of your teeth or the teeth of your children in your day-to-day life. Believe it or not, a few habits and routines can make a big difference.

If you're serious about taking care of your teeth, then the 7 preventive dentistry habits may be just what you're looking for.

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Restoring Damaged Teeth



If your tooth is damaged but not lost, a crown can be used to restore its shape, appearance and function. A Dental Crown, also called a cap, is a hollow, artificial tooth used to cover a damaged or decayed one. The crown restores the tooth and protects it from further damage, and can be used to cover a discoloured or misshapen tooth – all while retaining the look and functionality of a natural tooth.

More info: <https://dentrixdentalcare.com/dental-crown>

THE BEST WAYS TO GET YOUR CHILD TO BRUSH THEIR TEETH



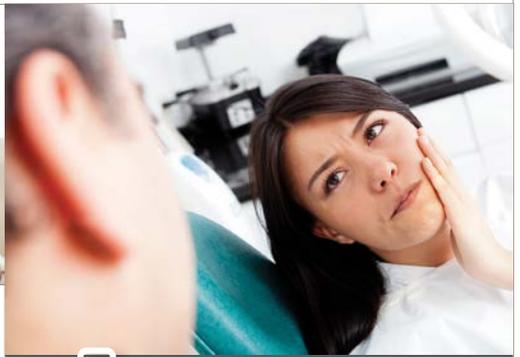
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Did you know...



Dentists and pediatricians urge all athletes to use mouthguards as they head back to school. Estimates of the number of dental injuries attributable to sports related accidents range from 13 to 39% of all dental injuries.

<https://dentrixdentalcare.com/book-online/>



Dental Emergencies

If you have a broken tooth, a possible infection, or an excruciatingly painful toothache, you don't want to have to wait for an appointment. At Dentrix DentalCare, we're available as soon as you need us. We can resolve your emergency dental problems before they get worse.

Contact us at 403-288-5500 for our Market Mall location or 403-289-9908 for our North Hill location. We will get you in to see an emergency dentist as soon as possible!

DOWNLOAD The Ultimate Guide To Cosmetic Dentistry

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Do you know someone who can use our services? We always welcome new patients. Whether it is a friend, family member or colleague, we will make sure we provide them with the same professional treatment you expect from Dentrix DentalCare. Refer new patients to: <http://dentrixdentalcare.com/new-patients/>

Sign Up for Our Newsletter

Sign up for our monthly newsletter and receive new PDF newsletters (exactly like this newsletter) containing tips to keep your smile sparkling. Sign up at: <http://www.dentrixdentalcare.com/newsletter/>

7 Preventive Dentistry Habits You Need to Be Doing *continued*

1. At Home Routines

While this should go without saying, many dental patients fail to keep a strong and reliable home routine when it comes to teeth care. Most people can improve their routine in some ways.

It's important to brush and floss your teeth at least twice a day, ideally right after meals. You may also want to use a mouthwash regularly as well.

These techniques can go a long way in eliminating plaque build-up. If not eliminated promptly, plaque can build up and lead to tartar. Tartar is a hardened, sticky substance that can lead to more serious damage such as tooth decay and gum disease.

By brushing and flossing regularly you will be more likely to avoid unnecessary teeth problems later on down the road. Having good daily cleaning routines and habits at home is one of the best types of preventive dentistry to consider if you want to make a big impact on your dental health.

2. Fluoride

Fluoride is one of the major players in the fight against tooth decay. It can be a great idea to use it regularly when attempting to protect your teeth.

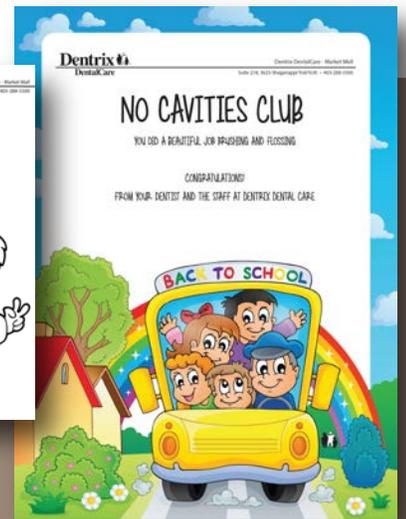
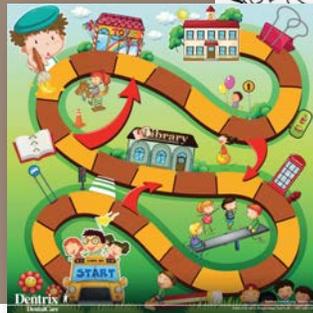
Dental offices use fluoride regularly when patients come in for dental work, but many products exist that have active fluoride as an ingredient.

If you want to add fluoride into your routine, look for a toothpaste or mouth rinse that contains active fluoride. Public water in many areas also contain fluoride, meaning you have easy access to this healthy ingredient whenever you need it.

Read the other preventive dentistry habits you need to be doing at: <https://dentrixdentalcare.com/7-preventive-dentistry-habits-need/>

Fun Stuff for Kids

Every month we have fun stuff including brushing charts, brushing games, colouring sheets and certificates to help children succeed with their daily brushing routine. You can download these at: <http://dentrixdentalcare.com/category/fun-stuff/>



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