

Download Caring For Teeth A Consumer Pu

Tooth Whitening at Home

When They Work. These tooth whitening products can effectively lighten tooth stains caused by smoking and highly pigmented foods and drinks such as coffee, tea, cola, and red wine, according to Jay W. Friedman, D.D.S., M.P.H., a consumer healthcare advocate and dental adviser to Consumer Reports.

Survey: Many Older Adults Can't Afford Dental Care ...

Hunt for Low-Cost Care. You can look up rates of many dental procedures in your local area using tools such as Fair Health Consumer or Healthcare Bluebook and ask your dentist for a comparable price. Your local public-health department or community health centers may offer low-cost care. Tooth Wisdom can help you find these services,...

3 Ways to Care for Your Teeth

Taking good care of your teeth is important for avoiding tooth pain and looking your best. It isn't difficult to do, but it requires developing habits for good oral hygiene, eating a healthy diet, and getting any developing problems treated by a dentist. 1. Brush two times a day.

How Do I Care for My Gums After Tooth Extractions ...

So all in all, teeth pulled everywhere, partials that don't completely fit, and I just don't know what to do. It's so strange having something in my mouth and I'm in pain and can't really eat because of the partials and sore gums. Everyone says eat on side where they didn't pull teeth, but I don't have a side like that all my sides are healing.

Caring for Your Teeth, From Age 1 to 100

If a condition such as arthritis or declining vision is making it difficult for you to brush, try an electric toothbrush. Continue to see a dentist twice a year. By taking care of your teeth, you're not just ensuring a pretty smile. Tooth loss can affect your self-esteem and make it hard to enjoy the foods you love.

Oral Care Tips for Older Adults

Oral Care Tips for Older Adults. Use an antibacterial mouthwash: When used with brushing and flossing, an antibacterial wash can reduce the buildup of plaque. Keeping your teeth in tip-top shape as you age requires a few common sense practices. It is also important is to see a dental care professional regularly,...

What to Expect After Gum Surgery

Caring for teeth and gums after any periodontal procedure is especially important. Grafted areas of gum tissue may be prone to receding more quickly and cavities at the root level also can develop if oral care is neglected -- but be gentle. A gentle cleaning with a soft brush and following any specialized recommendations of your dentist or ...

Taking Care of Teeth Article | Seniors | Colgate® Oral ...

Taking Care of Your Teeth and Mouth. If brushing or flossing causes your gums to bleed or hurt your mouth, see your dentist. Your dentist also may prescribe a bacteria-fighting mouth rinse to help control plaque and swollen gums. Use the mouth rinse in addition to careful daily brushing and flossing.

Teeth And Gum Care

Tips for Brushing Teeth. (Use a soft toothbrush.) Place the toothbrush against the teeth at a 45-degree angle up to the gum line. Move the brush across the teeth using a small circular motion. Continue with this motion cleaning one tooth at a time. Keep the tips of the bristles against the gum line.

EXAM 2: MNL client/consumer questions, Physical Fitness ...

Start studying EXAM 2: MNL client/consumer questions, Physical Fitness and Exercise, oral care, and sleeping. Learn vocabulary, terms, and more with flashcards, games, and other study tools.