

# Top 5 Dental Tips During COVID-19



Right now visiting our dentists for regular check-ups & cleanings is not an option, so we've developed some clever tips for you to keep in mind to help keep your smile healthy.



## 1. Brush *before* breakfast, rinse after

By brushing **before** breakfast, you protect your teeth before eating thanks to the fluoride in the toothpaste. If you brush after breakfast, you risk brushing away enamel that has been softened from the acid and sugar in your breakfast. If you want to cleanse your mouth after eating, simply rinse with some water or have a piece of sugar-free gum.



## 2. Spit, don't rinse

Don't rinse your mouth out when you are brushing your teeth as you will wash away the fluoride from the toothpaste that is there to protect your teeth during the day. So, spit, rather than rinse.



## 3. Add mouthwash and gum to your routine

Use a fluoride mouthwash at a different time to brushing to provide further protection for your teeth throughout the day.

Chewing sugar-free gum after meals & snacks is a great way to help protect your teeth. Sugar-free gum can help reduce the amount of bacteria in your mouth as it stimulates salivary flow, which help neutralise acids and bathes the teeth with calcium and phosphate ions to help replenish tooth enamel.



## 4. Eat teeth whitening foods

Did you know some foods can actually help keep your teeth white? Raw, coarse, fibrous foods - such as celery, cucumbers, apples, pears, carrots and lettuce - help scrub tooth surfaces and remove some of the plaque which can make teeth appear yellow. Also, these crunchy foods require more chewing time, which stimulates saliva, which helps neutralise acids that can erode your teeth.



## 5. Go electric

Electric toothbrushes are more effective than manual ones as they have more brush strokes per minute. The smaller brush head also makes it easier to reach all those difficult to reach surfaces.

Take care, from all at Vhi

