



Are you making these surprising mistakes when you clean your teeth?

We all know that we should brush our teeth twice a day for two minutes and clean between them daily – but did you know there's a lot more to it than that? Here are four mistakes many people make that mean their oral hygiene routine is less effective – or even more damaging – than it should be.

1. Brushing after breakfast

Yes, it's important to brush your teeth in the morning, but if you have had acidic food or drink such as orange juice or grapefruit, the enamel on your teeth is softer for up to 2 to 3 hours and it is damaging to brush them. Brush before breakfast with a fluoride toothpaste and you will be doing plenty to protect your teeth from decay without brushing away that precious enamel.

2. Using mouthwash

Mouthwash has a lower concentration of protective ingredients than toothpaste. So if you use it after you brush, you are rinsing away all the protection of the toothpaste and replacing it with something less effective. Mouthwashes have their place – but not straight after brushing.

3. Flossing

Research has shown that for most people flossing does little to clean their teeth and prevent gum disease. But this doesn't mean that we shouldn't clean between our teeth; just that we need to use more effective and user-friendly tools. Interdental brushes which are used at the various correct sizes to fit the gaps in your teeth are far more effective. Ask our therapists to show you what to use and how.

4. Using a manual toothbrush

Manual toothbrushes don't clean as well as electric ones – full stop. Changing to an electric toothbrush is probably the single most influential thing you can do to improve your oral hygiene. And don't be tempted to buy a battery operated one – they lose effectiveness long before the batteries wear out. An inexpensive oral B or Phillips brush will do the trick brilliantly.

Get in touch with us

Book for a free no-obligation consultation to find out more. Just call us on **0121 382 8544** or email smile@nothingbutthetooth.co.uk