



Dental Care on the Run

Unfortunately in this fast-paced society, it is most often our teeth that suffer. Very rarely do we have the time to care for our teeth after meals. Leftover food particles are a haven for bacteria that create cavity-causing acids. The longer food stays on our teeth after meals, the more likely we are to get cavities. Of course, the best method of taking care of your teeth on the run is to brush your teeth after every meal.

But if you cannot brush during your busy day, try these tips to save your teeth:

- ✓ Stay away from sticky, gooey food that tends to get stuck on teeth. Bacteria will thrive on this food for several hours after the meal is eaten.
- ✓ Use a straw when drinking sodas or fruit juices. By using a straw, your teeth have less contact with the enamel-eating acid these beverages contain.
- ✓ A clean paper towel can be used to manually wipe your teeth. This removes plaque bacteria and leftover food particles. Some manufacturers actually make “tooth towels” for wiping teeth after meals.
- ✓ Water. Water. Water. Drinking plenty of water after meals helps wash away food particles that bacteria feast upon. Water also helps wash away the acids contained in soda and fruit juices that attack tooth enamel.
- ✓ Chew sugarless gum. Chewing actually stimulates saliva, our natural mouthwash. Saliva neutralizes plaque acids by raising the pH of the mouth.

Source: www.myuhcdental.com