

## Why Before Going to Bed Brush your Teeth?

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Normally we used to brush our teeth only in the morning and the timing will be before breakfast. This is not a correct routine of your teeth. Why?

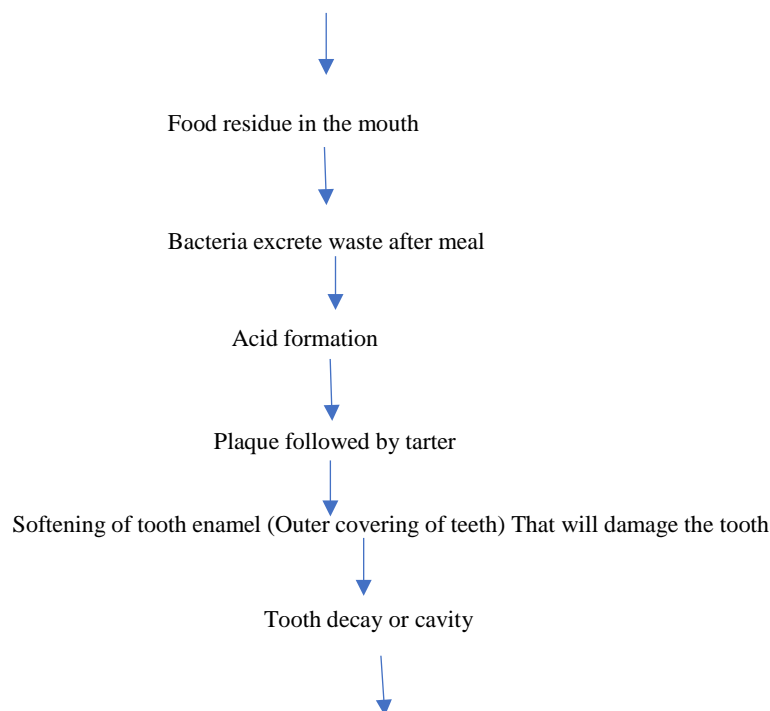
Firstly, I will advise you to have one session with your dentist to learn right technique of brushing method, no matter at what type of age group you are, learning is never late. Because you don't know what type of brushing method you required, Dentist will guide you according to your current teeth situation, Gum, bone and of course your age and habit, lastly your nature of food you are eating, like soft, hard, watery, sticky.

Need to understand what happens to your teeth if you won't brush at night.

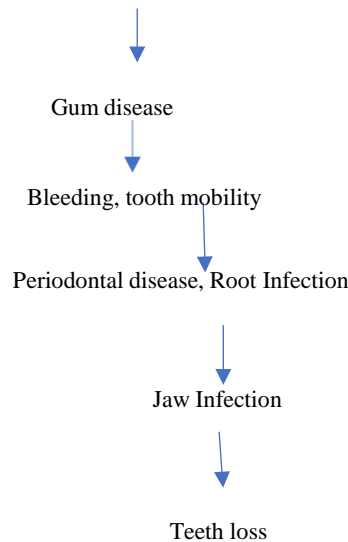
- 1- Bad breath (Halitosis)

- 2- Gum disease (Gingivitis)
- 3- Pain in the teeth, Gums or in the Jaw
- 4- Bleeding
- 5- Periodontitis
- 6- Tooth decay
- 7- Jawbone disease
- 8- Infection
- 9- Early loss of teeth
- 10- Loosening of teeth
- 11- Pulpitis (Root Infection)
- 12- Tooth extraction

Now think about it why I might have list of diseases only just because of not brushing my teeth before going to bed? Yes, this is true



If not treated toothache and sensitivity



More money required due to more visits of the dentist; more time required due to lengthy treatment. You are the best judge of your case, what is feasible for you, brushing your teeth before going to bed and after breakfast or you like series of disease with money and time wastage.

If you won't brush your teeth before going to bed, that means you opens your door for hospitality inside the oral cavity, A thin film start to build on your teeth surfaces constantly, and this is the favorite site to grow bacteria. In the sequence of film is production of acid, and that acid work on tooth enamel surface in the formation of plaque, tarter and cavity.

If you don't remove that film from the teeth surface, means you invites more bacteria and more food deposit of food particles.

Normally you set your brushing method by yourself, but we advise you to visit your dentist at least once in every six months, so that dentist can examine your teeth and teach you what type of brushing method is suitable for your teeth and gums. Toothpastes contain fluoride that will work as a wall in between tooth surface and acid when you fall in the sleep.

Most of dentist believe that you should wait at least 30 to 45 minutes after eating, because acid present in your food ,soften your teeth surfaces and if you brush your teeth right after dinner, it

will remove soft enamel and cause damage it and also they advise that avoid carb after meal,because in this way your giving more strength

to the bacteria , so if you want to eat sugary stuff, please rinse your mouth with water after meal and then enjoy dessert. Normally plaque calcify in a little longer time, so don't be afraid if you don't brush your teeth once in a blue moon, but don't make it habit. In my opinion 3 minutes are enough to clean 32 teeth, twice in a day.

What must you do?

-Brush your teeth twice in a day before going to bed and after breakfast. -Fluoride toothpaste will work more for your teeth as compared to non-fluoridated toothpaste.

-No matter you are using what kind of toothbrush manual or electronic, what you need to learn, the correct method or technique.

-Most common question we faced, that when should I change my brush, see the ideal situation is 3 months, but again it al depends upon the quality of brush, if you feel that your brush's bristles bend after a single use please discard it, so the criteria is bristle condition not a time frame.

-Please be gentle while brushing your teeth, applying too much nessecery force will damage your teeth surface instead of cleaning.

-Floss your teeth if dentist advise you, every tooth is not a good candidate of flossing.

-Use of tap water for rinsing your mouth after eating even it was one bite will be more beneficial for your teeth.



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