Healthy Gums, Healthy Mouth, Healthy Smile

When talking to patients, many dental professionals find that although people are attracted to the idea of a sparkling smile, many still fail to take the time and effort to care for their teeth properly. Patients often make the mistake of thinking that not brushing twice a day or forgetting to floss every now and again won’t impact on either the health or aesthetics of their teeth and gums. Getting the oral health message across loud and clear to patients can be difficult, but as a dental professional, you have an important role to play in educating them on how to manage their oral care regime. Your advice and professional recommendation carries considerable weight and a healthy mouth message needs to underpin any form of cosmetic treatment.

Healthy habits and good oral hygiene are crucial in the fight against gum disease, one of the most common dental problems that affect all 40-50% of adults worldwide and the major cause of tooth loss in adults. These statistics are evidence that a move to a more “prevention-focused” approach is required. Patients need to take more responsibility for their health and introduce effective, at-home oral healthcare regimes. The message their oral health and introduce effective, at-home oral healthcare regimes. The message needs to be reinforced to patients.

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