

## **5 Oral Hygiene Mistakes You Didn't Know You Were Making**

Proper oral hygiene is usually taught at a young age. Most people know the essential practices to keep their teeth clean and healthy, such as brushing after meals and minimizing the consumption of sweet foods. However, there may be habits you're practicing as an adult that are harming the condition of your mouth.

Here are five oral hygiene mistakes you may not know you're making:

### **1. Using The Wrong Toothbrush**

Tooth brushing is arguably one of the easiest and most effective ways to fight off common oral problems like cavities and bad breath. However, hastily cleaning the inside of your mouth with the wrong tool may do more harm than good. Using the wrong toothbrush to remove plaque may damage your enamel and gums. If you use hard bristles to brush your teeth, you may end up stripping its outer protection. You may also cause abrasions to your gums which can lead to inflammation or bleeding.

When picking your toothbrush, ensure that you're purchasing one that has soft and flexible bristles. Soft, flexible bristles can remove any food debris in between your teeth and keep your oral health in pristine condition without harming the inside of your mouth.

### **2. Saying No To Flossing**

You may think that using dental floss doesn't do much for your oral health. You may not see a lot of difference after using it and this may influence you to remove it from your oral care routine completely. But, besides regularly brushing, you also need to practice flossing to ensure that you won't develop plaque on your teeth.

The accumulation of bacteria in your mouth may lead to tooth decay and cause discomfort or pain. If you want to prevent the occurrence of various oral problems, remember to include flossing as a part of your oral hygiene.

### **3. Using Teeth Whitening Products**

The appearance of your mouth can affect not only your oral health but also your self-confidence. If you feel that your canines aren't as white and presentable as you want, you may end up feeling insecure about smiling or talking. A slightly off-white enamel is normal since many factors like

your eating habits and genetics will affect your teeth' color. Regardless, you may still feel compelled to try various whitening regimens to make your mandibles a few shades lighter.

Whitening your teeth isn't harmful to your overall oral health as long as the products or methods you use are safe. However, it would be best if you're wary of tooth whitening products that promise instant results. Whitening strips or gels that don't have the dental association's seal of approval may contain ingredients that could reduce the firmness of your enamel.

If you want your teeth to be whiter, you should consult with your dentist first. There are dental procedures that can help you achieve the appearance you want without compromising your oral health.

#### **4. Ignoring Signs Of Oral Health Decline**

Another mistake many people commit with their oral hygiene is ignoring signs of deterioration and damage. They often assume that the minor problem they're experiencing will eventually go away, preventing them from going to the dentist.

Brushing off any symptoms you may see could affect your oral health in the long run. For instance, neglecting visible inflammation on your gums may lead to bleeding and infection. If this happens, you could experience a significant inconvenience to your daily life.

It's advisable to consult an expert if oral problems persist inside your mouth despite practicing proper oral hygiene. For example, periodontal disease may have underlying causes that can't be addressed by simply brushing and flossing. Don't hesitate to schedule a visit with your dentist at the first sign of an oral health condition.

#### **5. Skipping Your Dentist Appointments**

Many people forget or skip their dentist appointments, assuming that they don't need an expert to look after their oral health. They may think that their mouth is in good shape because they aren't experiencing any pain, and don't have any visible problems. However, there are serious oral problems that may not be noticeable until it's too late.

You may significantly lessen your risk of acquiring various oral health conditions if you consult your dentist regularly. An oral health professional can also perform many preventative procedures to keep your teeth in tip top shape.

## **Final Thoughts**

Making oral hygiene mistakes can be avoided by asking for an expert's advice and researching the proper practices to keep your mouth healthy.

Brushing your teeth with the right tools and flossing regularly are some habits you should incorporate into your routine to prevent the development of various oral complications.

## **Meta Data**

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**Meta Description:** Think your oral hygiene isn't as good as it should be? You could be committing these common mistakes. Find out more information inside.

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