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“CAN YOU OVER-BRUSH AND OVER-FLOSS?”

SOME PEOPLE BELIEVE THAT IF A LITTLE BIT IS GOOD, A LOT IS EVEN BETTER. BUT THAT'S NOT ALWAYS TRUE WHEN IT COMES TO DAILY DENTAL CARE. YOU CAN DO TOO MUCH BRUSHING AND FLOSSING.

DENTISTS RECOMMEND THAT YOU BRUSH TWICE A DAY WITH A SOFT-BRISTLE BRUSH AND A DAB OF TOOTHPASTE ABOUT THE SIZE OF A PEA. THE TRUTH IS THAT A SMALL AMOUNT OF TOOTHPASTE IS ENOUGH TO HELP THE TOOTHBRUSH CLEAN THE TEETH.

FLOSS ONCE A DAY TO REMOVE PARTICLES BETWEEN YOUR TEETH. IF YOUR GUMS ARE SORE OR BEGIN TO BLEED SEE YOUR DENTIST, YOU COULD HAVE GUM DISEASE, A MAJOR CAUSE OF TOOTH LOSS IN ADULTS.

ALSO, REMIND YOUR CHILDREN NOT TO USE TOO MUCH PASTE AND NOT TO SWALLOW IT.

A LITTLE BIT OF DAILY DENTAL CARE GOES A LONG WAY TO PREVENT CAVITIES AND IS A GREAT INVESTMENT IN MAINTAINING GOOD ORAL HEALTH.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.