



# ORTHODONTIC SPECIALIST P.C.

## Gum Care Awareness Month

While the cleanliness of teeth are at the top of the list, the health of your gums is just as important. When it comes to taking care of your gums and how to improve gum health you should be diligent in flossing your teeth. standard brushing can't reach the tiny particles of food that end up lodged between your teeth or wedged into the gum line at the base of the teeth. Even after a good thorough brushing, your gums can still be plagued with tiny bacteria in the form of food particles. As these tiny particles decompose, they attract bacteria. With bacteria infesting one tiny spot on or inside the gum line, inflammation and even infection can occur.



### TIPS:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss regularly.
- Visit your dentist routinely for a checkup and cleaning.
- Eat a well-balanced diet.
- Use a mouth rinse