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## Ways to Prevent Tooth Decay



Are you taking proper care of your oral health? Are you sure that you are doing everything you can to prevent cavities? Well, if you said 'No' then this article is for you. And if you said 'Yes' then you need to check if you are doing it in a proper way or not. Cavities and tooth decay are the most common problem that people face after the common cold. To avoid the formation of cavities, there are few things you need to do to keep your mouth safe from cavities. The best [dentist in Ahmedabad](#) says that cavities are the result of negligence and lack of awareness.

To avoid cavity formation in your mouth, it is first important to know how cavities are formed. At first, the plaque forms in your mouth due to the bacteria that thrive off the sugar found in your food and drink. Then the bacteria feed the sugar that comes in contact with your teeth and produces acids. This leads to the formation of bacterial plaque. If plaque is not removed when soft, it becomes hard and rough. Plaque produces acids that remove the minerals in tooth enamel. If left untreated, the bacteria continue to cause tooth decay deeper into the structure of teeth. You may experience problems such as severe toothache, pain, tooth sensitivity, and discomfort when biting down. It is difficult to identify a cavity when it develops. So, regular check-ups can help you in identifying cavities.

Curing cavities is painful but there are certain ways where you can prevent any decay in your tooth and mouth. Below mentioned are the tips you should follow to keep your teeth healthy.

## Ways to Prevent Tooth Decay:

### Brushing Your Teeth:

Brushing your teeth every day is essential for oral health care. It is advisable to brush at least twice a day. It's best to brush after every meal but if you are unable to do that you can at least rinse your mouth thoroughly with water or mouthwash. Brushing alone is not essential but brushing in a proper way is important to avoid tooth problems. Use a soft-bristled toothbrush and apply gentle pressure. Clean your tongue to freshen your breath and remove bacteria. Replace your toothbrush at least every 3-4 months.

### Flossing Your Teeth:

Mere brushing doesn't clean your teeth. You need to floss your teeth for the proper cleaning. Flossing is an effective and quick process to clean the plaque between your teeth. You can floss every day or on alternate days depending on your routine. You should apply proper technique and care while flossing otherwise it could create more damage. If you face the problem of bleeding while flossing, it may be because of the wrong technique or unhealthy gums. You can contact a professional **dentist in Ahmedabad** for guidance and treatment.

### Avoid frequent snacking and sipping:

Eating frequently here and there throughout a day puts your teeth under constant attack especially while eating sugary foods. Carbs and sugar are fed by the bacteria in your mouth to produce acid that attacks tooth enamel. It is advisable to drink water frequently, taking sips between bites and avoiding snacking frequently.

### Consume tooth-healthy food:

Diet is a crucial part of our body. It is important for all aspects of health including oral health. What you consume first enters your mouth and if the food you eat tends to get stuck in your teeth for a longer period of time then it will lead to tooth decay. Food items such as chips, cookies, etc have higher chances of getting stuck into your teeth. And if they are not removed it can create severe

damage. Avoid excessive eating of processed and sugary foods. Instead, opt for fresh fruits and vegetables.

#### Regular Check-up:

Regular visits to your doctor would help you in identifying dental problems. Professional teeth cleaning, regular check-ups are important to prevent dental decay and spot problems at an early stage. You can visit a professional [dental clinic in Ahmedabad](#) for regular check-ups and cleaning. The problems spotted in the early stage can be cured easily and for that, you need to visit a doctor to ensure that your teeth are healthy and cavity-free.

Teeth problems can be avoided by taking proper care and treatment. Always remember prevention is better than cure. Eat healthily, Brush daily and rinse thoroughly.

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