

**THE SMILE EXPERT
ADVANCED ORTHODONTICS AND DENTAL CENTER
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Tips for strong and the perfect oral health

- Daily start and end your day by brushing your teeth
- Brushing your teeth should be done regularly by using the right technique. Learn the right technique to brush your teeth and how to take good care for your teeth and smile at The Smile Expert, Tirupur.
- Gargle and clean your mouth every time after you take something to eat.
- When you find a black spot (dental caries) consult with your dentist and restore the tooth with a tooth colored filling material. Otherwise the black spot may lead to further damage of tooth and pain, ultimately leading to loss of the particular tooth
- When you find bleeding from your gums or swollen gums, there might be tartar accumulation around the tooth, when you undergo tooth cleaning (scaling) it will help in cleaning the teeth and removing the tartar around the gums.
- If you avoid or don't do regular cleaning (scaling) of teeth it might lead to weakening of the gums which in turn leading to reduction or loss of the bone supporting the tooth. This in long term leads to loosening of tooth and loss of tooth.
- Having the idea of only when pain comes in the tooth or when there is a swelling in the mouth is a sign of a problem is totally wrong and misconceived.
- Please don't use powders or oils sold in provisional shops or from quacks to treat tooth pain or swelling. Don't use any powder and rub over the gums or keep it inside a tooth cavity.
- If you have any ulcer or wound inside the mouth for more than a week and if it hasn't shown any sign of healing even after a week please consult your dentist.
- If you have any sudden abnormal growth of your gum tissue in any particular region of the mouth, consult your dentist immediately.

- A child's milk teeth, directs his permanent teeth to erupt into the right spot. So preserving the milk teeth till the right age is very important.
- If your child doesn't have space between his/her milk teeth it is very important to be carefully monitoring your child by an orthodontist. As there are high chances of your child might get crooked or proclined permanent teeth.
- It is very important to take your family to your dentist once in every 3-6 months to keep monitoring your family's oral health as it is well known fact that prevention is better than cure.
- If you have undergone or about to undergo extraction of a tooth it is very important to get it replaced by a denture as soon as the wound has healed in that area. Otherwise it can lead to shifting of the adjacent teeth from both sides of the tooth which has been extracted, leading to weakening of the nearby tooth.
- It is nowadays possible to preserve even badly decayed tooth by doing root canal treatment rather than extracting the tooth. Of course every treatment option is not universal and only a dentist can tell you whether the affected tooth can be preserved.
- When a filling in your restored tooth gets fractured or gets lost by chance, get it replaced as soon as possible as it can sometimes lead to fracture of the tooth.
- Nowadays you can get your smile corrected so that you can have the right smile to get the confidence & edge you need to get success in your profession. But only a specialist dentist can do that.
- You would have noticed with proclined teeth, crooked teeth, big forwardly positioned upper or lower jaw, all these are because they have had problems during their growth and development. If every children is taken to a dentist/orthodontist (Preferably "The Smile Expert, Advanced Orthodontics and Dental Center, Tirupur) when the child is growing.
- With the intervention by an Orthodontist at the correct age, problems like proclined teeth, crooked teeth, unaesthetic facial appearance and unaesthetic smile, big or small appearing jaws relative to the face can be corrected.
- Nowadays so much advancement has happened in dentistry, you can have the best fitting dentures, which are not shaky, which will give your lost facial appearance and smile back. Implants can be used when you want the best of tooth replacements (dentures) for your lost teeth.