

# 5 Ways to *Prepare* versus Repair Your Teeth



Up until recently, tooth preservation and decay prevention were secondary to repairing the damage already done to teeth. Now dentists are making great strides to make prevention the priority.

## 1) FLUORIDE TREATMENTS

This is a good practice to ensure that a person will keep his or her teeth longer and stronger.



## 2) ELECTRIC TOOTHBRUSH

Manual toothbrushes still get the job done, but electric toothbrushes can help people brush using the proper technique and for the appropriate amount of time.

Many electric toothbrushes come with a timer that helps you remember to brush for the recommended two minutes.

## 3) USE OF A NIGHT GUARD

This is for people who grind their teeth while asleep. Bruxism, or teeth grinding, is a significant contributor to tooth damage.

With the help of a nightguard, the teeth will be protected.



## 4) PROPER HYGIENE PRODUCTS

Use toothpaste, mouth rinse, and other extra-care products that are recommended by your dentist.

## 5) CONSISTENT DENTAL CHECK-UPS

A bi-annual visit gives your dentist the chance to check your teeth for the beginnings of any problems.

It will be easier to address a dental issue when caught early.



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