

Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



OVERBRUSHING

The term “toothbrush abrasion” refers to brushing one’s teeth so vigorously that tooth enamel becomes damaged and gums recede. This overly energetic brushing leads to thinning enamel and exposed roots that become overly sensitive to hot and cold foods and drink. Avoiding this potential problem begins with selecting a toothbrush with soft bristles that flex enough to get into the gum margin without hurting delicate gum tissue. It should also be pointed out that cavity-causing plaque is a soft, loose film that can be removed from tooth surfaces without hard scrubbing. With this in mind, care should be taken not to scrub one’s teeth

as if scrubbing a grouted tile surface. Teeth should be brushed with a gentle up-and-down motion.

Carefully performed home oral hygiene can be the deciding factor in keeping your mouth and teeth healthy. We’ll be happy to demonstrate good brushing and flossing techniques as well as inform you about products that we know will help you maintain a healthy smile between routine dental checkups. For an appointment for family dental care, please give us a call.

P.S. If your toothbrush looks frayed after only a few weeks of use, it is likely a sign that you are brushing your teeth too forcefully.

Dr. Little provides quality family and cosmetic dentistry.

His office is located at 344 Placerville Dr., Suite 19, Placerville.

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