

Smiles Better!

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Smile its summer!!

Don't you just love it when the sunshines? It puts you in a good mood and you notice how everyone around you is happy and smiling! So with that in mind here are my top tips for getting the most out of your smile this summer!

Get a Dental Check up

The last thing you want is a toothache on your holidays, make sure you have seen your dentist in the last 6 months for a full mouth assessment.

Use the right toothpaste.

For those of you who find it difficult eating ice cream or having a nice ice cold drink, you should be using a sensitive toothpaste such as Sensodyne Repair & Protect or Rapid Relief, you should notice the difference in a matter of days. My top tip is to spit out after brushing and not to rinse with water after, this way the goodness of the toothpaste stays where we want it... on the teeth and not down the drain!

Flossing

BBQ seasons is great, but all those lovely ribs and steaks can get lodged easily between your teeth, and you end up picking at your teeth with cocktail sticks or tooth picks and causing the gums to bleed. I recommend floss or Tepe interdental brushes as they are much kinder to your gums.

Hygiene Visits

Visit your hygienist for a summer clean to remove coffee/tea stains and a full mouth deep clean to keep your gums healthy. Red wine is also culprit for causing tooth stains and whilst drinking it your teeth do become grey, so if your attending a party where lots



of pictures are to be taken or out for a romantic dinner I'd stick to white wine!

Drink plenty of water

In the summer months its easy to become dehydrated, you will notice that your mouth may be dry and that your breath may smell. This is because of the lack of saliva which lubricates your mouth and helps wash away food debris. Try to drink little and often, and makes sure its plain still water, flavoured waters contain sugar and some also are acidic.

Brighten that smile

For that perfect summer glow why not get your teeth whitened. Ask your dentist about the types of professional tooth whitening available. It really is a simple but effective treatment to give an instant sparkle to your smile.

As always if you have any questions please email me:
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