

Smiles Better!

with **Dr. Nuala Devlin**
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Dental Myths set straight!



Myth: As long as my teeth seem okay, and I'm not experiencing any problems, I don't need to visit the dentist.

Fact: Regular check ups at the dentist are extremely important. You may think that your teeth are fine, but a visit to the dentist to make sure is always advisable. If you do find that you need treatment, it is much easier and less painful to treat early. Leaving it could result in having much more lengthy and expensive surgery.

Myth: The dentist will be completely shocked and appalled by the state of my mouth.

Fact: Your dentist is a trained medical professional who has seen countless people with extremely poor oral health. You will be absolutely nowhere near the worst that they have seen. Even if your mouth is in a bad condition, your dentist is trained to help you and will go about your treatment in a professional manner. If you feel that your mouth is this bad, then this is a great reason to visit your dentist!

Myth: You should always brush your teeth after eating.

Fact: Eating an acidic meal is likely to weaken tooth enamel and if you brush rigorously straight after, you risk eroding more of it - over time you will notice wear on your teeth. The best thing to do after eating is rinse with mouthwash. This will neutralise the acidity in your mouth and keep your breath fresh.

Myth: It's normal for gums to bleed.

Fact: Not looking after your teeth properly can lead to an accumulation of plaque, which then hardens to become tartar. This can cause irritation of the gums, making them sore, swollen and bleed. Bleeding gums is an indication of gum disease and a sign that you should make an appointment with your dentist and hygienist.

Myth: Bad breath is only caused by not brushing your teeth properly.

Fact: Most cases (up to 90%) of halitosis (bad breath) are caused by bad oral hygiene. Regular brushing your teeth and tongue, flossing, eating and drinking healthily, and taking plenty of exercise are the best ways to avoid bad breath.