



Anchorage Dentist Publishes Blog Post On How To Keep Gums Healthy

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Healthy Smiles Dental, based in Anchorage, Alaska, has announced that they have recently published an article that explains how to practice oral hygiene that can help in preventing gum disease. Dr. Terry J. Preece, the dentist at the Anchorage dental office, provides four steps that people can take to keep their gums healthy. He wants to stress that the secret behind healthy teeth is having healthy gums.

Dr. Terry J. Preece says, "Practicing good oral hygiene can help prevent gum disease. Most people ignore their gums when it comes to oral health. The secret behind healthy teeth is healthy gums along with a trip to your dentist. I present in the article four steps for keeping your gums healthy."

The first step in keeping gums healthy, according to Dr. Preece, is to brush the teeth properly. He explains that it is important to brush the teeth twice a day, everyday. The American Dental Association (ADA) has presented some strict guidelines on how to brush the teeth. It is vital to use fluoride toothpaste and to use a toothbrush with soft bristles. Also, the toothbrush should be replaced with a new one every three to four months, or as soon as the bristles have begun to fray.

It is also advisable to avoid brushing the teeth so hard because this could cause the enamel to be worn out. Instead, the toothbrush should be applied gently and brushing should be done in short strokes. It is essential to clean the inside of the front tooth by turning the brush vertically and using short strokes. And when brushing the gums, the toothbrush should be held at a 45-degree angle.

The second step towards healthy gums is to floss daily, according to the Anchorage dentist. ADA specifies that flossing daily is vital for maintaining healthy gums. Regular flossing can help in getting rid of plaque and food from the teeth and gums. If the food and plaque get trapped in those areas, they can cause the buildup of tartar, which only a qualified dentist would be able to remove. Tartar buildup should be avoided because it can lead to gum disease.

The third step, according to Dr. Preece, is to rinse the mouth carefully after brushing the teeth. It is important to note that using water to rinse the mouth after using fluoride toothpaste can rinse away the fluoride. A good practice would be to rinse the mouth after eating as this can rinse away food and bacteria that can cause plaque and tartar.

The fourth step would be to use the an appropriate mouthwash. It is important to use the right mouthwash to remove food particles and reduce the amount of plaque. However, the mouthwash should not be used to replace daily oral hygiene practices. Instead, it should complement brushing and flossing. It is also a good practice to look for a mouthwash with the ADA seal as it ensures the product's effectiveness and safety. However, it is not advisable for children under the age of six to use mouthwash.

Dr. Preece also wants to point out that dental checkups are also essential in preventing and detecting gum disease. Gum disease should be avoided because it is a serious problem that lead to health problems and tooth loss.

Dr. Preece obtained his dentistry degree from the University of Washington School of Dentistry in 1980. Dr. Preece and his family moved back to Anchorage in August 2010 and that was the time that he founded the Healthy Smiles Dental clinic. He has now more than 35 years of experience in providing comprehensive, full-care dentistry. He is an active member of the Alaska Dental Society, American Academy of Cosmetic Dentistry, American Dental Association, and Anchorage Dental Society.

Those who are looking for dental services in Anchorage or who want to schedule an appointment can check out the clinic's website at <https://www.anchoragehealthysmiles.com/> or they can call the clinic on the phone or contact them via email.

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For more information about Healthy Smiles Dental, contact the company here: Healthy Smiles Dental Dr. Terry J. Preece 907-341-3139 info@anchoragehealthysmiles.com 12501 Old Seward Hwy Suite C Anchorage, AK

Healthy Smiles Dental

At Healthy Smiles Dental, we recognize that dentistry is an art and a science. Our goal is to provide our guests with the smiling, healthy confidence they seek at the greatest level of comfort possible.

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