San Diego Dentist Office Release Tips to Take Care of Teeth During Pandemic

May 04, 2020

May 04, 2020 -
Art of Dentistry encourages healthy habits while the stay at home order is in effect.

April 29, 2020, San Diego, CA -When the California Department of Public Health released its new directive on April 7 to suspend non-urgent dental service, Art of Dentistry came up with tips for the public to follow while their San Diego office was closed. During this time of quarantine, people should continue to take care of their physical and mental health, including practicing good dental habits.

As recommended by the California Dental Association, brushing and flossing at least twice a day is recommended. Ideally, brushing after meals or snacks will help get rid of food particles and prevent the build-up of plaque. Flossing and irrigating gets rid of plaque between teeth and under the gumline.

The use of fluoride toothpaste is beneficial to make teeth stronger and fight cavities. Flouride is in San Diego?s drinking water supply, and drinking water after eating helps wash away any food particles, increases saliva, and fights bad breath.

The dentists at Art of Dentistry also recommend eating nutritious food from a variety of food groups. People should eat lots of fruits, vegetables, and whole grains, with fat-free or low-fat milk. Avoid food and drink that is high in cholesterol, salt, and sugar. Making sure one gets enough Vitamin D is also essential for the absorption of calcium. Ways to get Vitamin D include eating fish, egg yolks, and mushrooms. Supplements are also available.

?Many people are inside now and not getting enough time in the sunlight. Vitamin D during the stay at home order is necessary for the maintenance and health of your bones and teeth,? says Dr. David Landau, cosmetic, restorative, and reconstructive dentist at Art of Dentistry. ?Without it, calcium deficiency could occur, leading to gum disease and tooth decay.?

The Art of Dentistry office in the Bankers Hill area of San Diego is led by Dr.Lawrence Addleson and Dr. David Landau, and their team of professionals. The office is currently studying the science on COVID-19 during the closure. The team is committed to the welfare of their patients and themselves when they reopen in the near future. Until then, they encourage the practice of good oral hygiene. They can be reached at https://www.sandiegoartofdentistry.com/.

###

For more information about The Art of Dentistry1, contact the company here:The Art of Dentistry1Merri Turner619-291-4325info@sdinfo.com2840 Fifth Ave Suite 300, San Diego, CA 92103

The Art of Dentistry1

Exceptional smiles require master clinicians in the art of dentistry. At Art of Dentistry we understand that, just like other artists, each specialist has their own unique talents

Website: https://www.sandiegoartofdentistry.com/

Email: info@sdinfo.com

Phone: 619-291-4325