Reason 2 Smile Dental Services Clinic Reveals Two Ways To Keep Healthy Teeth

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Salt Lake City, Utah-based Reason 2 Smile Dental is reaching out to the community to share how they can maintain healthy teeth. According to the clinic, by adopting two simple tips on top regular dental care practices, anyone can enjoy good oral health throughout their lives. More information can be found on the company's website, which is available here: https://reason-2-smile-dental.business.site/#details.

"Teeth health, and how to improve one's daily habits to benefit it, are common topics of interest among our regular patients," says Dr. Andrew M. Vernon of Reason 2 Smile Dental. While the clinic does offer professional advice to all patients, he states that the community?s eagerness to learn more (and overall interest in the topic) is what led them to reach out and share these tips for improved teeth health.

"The first thing to keep in mind if you want to have healthy teeth is that you need to brush often, but not aggressively," asserts Dr. Vernon. "Most people already know the importance of brushing their teeth at least twice a day, but they tend not to use an appropriate technique. Brushing is only effective if people do it the right way. If you are too rough and careless while brushing, you may be doing more damage to your teeth and gums than you realize. Tooth sensitivity, permanent damage to the protective enamel on the teeth and

gum erosion are all consequences of being too rough while brushing your teeth."

Aside from being more careful while brushing their teeth, the dentist also adds that a toothbrush with soft bristles is a necessity. This can be paired with the clinic's second tip to keep healthy teeth, which is to floss once a day (and use mouthwash).

Dr. Vernon explains, "While everyone has heard that flossing is just as important, if not more, as brushing their teeth, most do not floss everyday. Flossing can remove plaque and bacteria from between the teeth, where a toothbrush is unable to reach, and it can also help prevent bad breath by removing debris and food that has become trapped between the teeth."

The correct technique for flossing is to gently push the floss all the way down to the gum line before hugging the side of the tooth with up-and-down motions. It is important to avoid snapping the floss up and down between the teeth, which can cause pain and will not remove plaque as effectively.

When it comes to using mouthwash, the dentist reassures the community that the process is much simpler. It comes down to choosing a mouthwash product that contains the best ingredients, according to what each person needs. Dr. Vernon says, "You want to find the one that fits your needs the most, as some mouthwashes offer benefits that can help prevent different conditions. For example, a mouthwash containing chlorhexidine, an antibacterial ingredient, helps control plaque and gingivitis. If you are unsure about which mouthwash to choose, you can always reach out to your dentist and ask for a recommendation based on your individual case."

According to Reason 2 Smile Dental, by adopting these two practices, one can guarantee that their teeth remain as healthy as possible ? especially when complemented by regular visits to the dentist. Those interested in additional dental care insights can find them in this recent press release: https://www.pressadvantage.com/story/39462-reason-2-smile-dental-services-helps-dispel-myths-about-dental-cavities.

Reason 2 Smile Dental provides a wide range of services which include, but are not limited to, Family Dental Care, Emergency Procedures, Sedation Dentistry, Cosmetic Dentistry, Veneers, Teeth Whitening and Invisalign. The local clinic primarily serves Salt Lake City, though anyone from the surrounding area can also visit for a premium dental care experience. Some of the areas covered include Mill Creek, Murray, Holladay, Zions Park, Woodside Heights, Winter Meadows and so on. Patients will be treated by Dr. Vernom himself and his staff, who take great care in guaranteeing each patient's comfort and safety.

Reason 2 Smile Dental?s website offers more details about the clinic and the dental services offered. Interested parties may reach out to Dr. Andrew M. Vernon or any of the clinic?s other representatives to schedule an appointment or to follow up on any inquiries. Additionally, the clinic's Facebook page, where they post regular updates, can be found here: https://www.facebook.com/ReasonToSmileDentalAndrewMVernon/.

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For more information about Reason to Smile Dental, contact the company here:Reason to Smile DentalDr. Andrew M. Vernon801-263-0417drandyvernon@gmail.com4110 S Highland Dr, #100 A, Salt Lake City, UT 84124

Reason to Smile Dental

Dentists near S. Highland Dr Salt Lake City are plentiful, yet there is a certain kind of smile that is borne only of confidence and satisfaction with your teeth. Dr. Vernon and his team are here to help you achieve that beautiful, room-brightening smile

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