



HOW TO SHOW YOU TEETH LOVE THIS VALENTINE'S DAY

With romance season in full swing, Michele King from Portstewart Family Dental has the top tips to make sure you can pucker up with confidence.



On Valentine's Day, it's traditional for us to show our affection for our loved ones. We send flowers and cards, and share gifts with one other. We arrange romantic nights out (or in). Also, we lavish time, attention and money on the people who are important to us.

So, this year, why not go one step further and show your teeth some love too? After all they're a vital part of you that totally deserve some time and attention. And you'd certainly miss them if you lost them through decay or disease.

KEEP IT CLEAN

A kissable mouth starts with clean teeth. Excellent oral hygiene is a must all year round, not only on Valentine's Day. So, make sure that you brush your teeth gently but thoroughly at least twice a day. Use a fluoride toothpaste and brush for at least two minutes to keep plaque and cavities at bay.

Above all pay proper attention to your brushing technique. Effective cleaning means brushing all

surfaces of every tooth. To make this easier you could treat yourself to an electric toothbrush or drop hints to your loved one.

It might not be as romantic as a bouquet of red roses, but it will last much longer. After brushing don't rush to rinse as this will dilute the fluoride's effect. Also don't forget to brush your tongue because plaque and bacteria can lurk there too.

And that's definitely not what you want if you're planning to get up close and personal.

Many people rush to brush their teeth straight after eating but this isn't necessarily a good idea. If you have consumed anything acidic, this softens the tooth enamel and you'll simply be helping to weaken your tooth enamel. Wait at least 30 minutes to be on the safe side.

FOCUS ON FLOSSING

Daily flossing is another way to show your teeth some TLC for Valentine's Day and it will keep your breath fresh. It's also a great way to safely dislodge any food or debris wedged between your teeth.

Nobody wants the embarrassment of spinach teeth when on a hot date. If you're struggling to floss then come and talk to us. We can easily demonstrate the correct technique, but don't forget there are also alternatives available. Don't be afraid to experiment with dental tape, interdental brushes or a waterpik. These are great alternatives.

It's worth making an effort to use a mouthwash. It's a fast and easy way to freshen your breath. But its effects are more than just cosmetic. Mouthwash can also help prevent cavities, kills germs, prevent calculus build-up and desensitise your teeth, all in under a minute.

If you're still worried about bad breath, chewing sugarfree gum after eating can help.



ALL WHITE

There's no denying that a bright, white smile is attractive and enhances your appearance. It can also boost your self-confidence, very useful if you're on the lookout for love this Valentine's Day. Unfortunately, not all of us are blessed with naturally white teeth.

And if you're a fan of coffee, curry, smoking or red wine, you're more likely to suffer from teeth staining.

However, help is at hand, in the form of teeth whitening. This is an effective and safe way to achieve whiter brighter teeth. Please don't risk a dodgy DIY kit that could damage your teeth, or visit anyone other than a dentist or hygienist for this treatment.

We create bespoke whitening trays that are safe and comfortable. As well as home kits we can also complete Zoom whitening, so on average your teeth will safely be whitened by approximately six to nine shades in one sitting at the surgery, all while you gently drift off to sleep for an hour. It's never been easier to dazzle your beloved with your pearly whites!



A STUNNING SMILE

Stained or yellowing teeth are not the only reason people are unhappy with their smiles. If your teeth are broken, missing, or crooked, it's difficult to smile confidently at your partner. If this is the case, then why not give yourself the gift of a great smile this Valentine's Day?

We have been offering a range of cosmetic services including white fillings, dental crowns, veneers, dental implants and facial aesthetics for over 23 years, so you'll be in safe hands.



A COMMITTED RELATIONSHIP

With most relationships, you get back what you put in. It's no different with your dentist. So don't play hard to get - be committed instead! Visit us regularly as often as we recommend as prevention is always better than cure.

We are here to help you.

Until the next time... *Michele x*

