

White Lightening



Nothing goes better with faux summer glow than healthy, bright white teeth! To help keep your pearly whites...pearly white...we turned to **Dr. Timothy Chase** for his top 5 tips!

Eat a healthy diet - Eliminate or greatly reduce the amount of soda you consume and replace it with water-- it's great for the mouth and for your whole body. In addition to water, a diet that is high in fresh vegetables, that includes calcium-rich dairy products, is also helpful to keep teeth looking good and healthy.

Brush at least twice a day - Use a soft toothbrush (the softer the better) and a toothpaste that does not contain whitening agents.

Floss daily - It is very important to use dental floss daily to make sure you are cleaning below the gum line, where harmful bacteria are hiding.

Separate The Whitening - If you wish to whiten your teeth, you would be better off using a separate product for whitening than a whitening toothpaste. Separate whiteners work better and are less abrasive. Over the counter whitening products like whitening strips work well, but a trip to the dentist for a professional whitening system is most effective.

Avoid tobacco and alcohol - In addition to causing discoloration, the use of any tobacco product (smoked or chewed) has been shown to cause cancer, so its use is highly disapproved of. Alcohol such as red wine and other dark alcoholic beverages cause discoloration and have also been linked to oral cancer, so they should be used in moderation.