

4 Ways to spend less on Dental Care

1. Practice Excellent Oral Hygiene

- Brush your teeth at least twice a day with fluoride toothpaste.
- Floss daily to remove food particles and plaque between teeth.
- Rinse with an antibacterial mouthwash to help reduce bacteria that can lead to cavities and gum disease.
- Replace your toothbrush regularly, approximately every 3-4 months, to ensure effective cleaning.



2. Attend Regular Dental Check-ups



- Regular dental check-ups are not just for addressing existing problems but also for preventing future issues.
- When dental problems are caught early, they are easier and less expensive to treat. Make it a habit to visit your dentist for routine check-ups and cleanings, typically every six months.
- This proactive approach can save you from more extensive and costly dental procedures down the road.

3. Follow a Healthy Diet:

Your diet plays a crucial role in your oral health. Sugary and acidic foods and beverages can contribute to tooth decay and gum disease. To reduce the risk of dental problems:

- Limit sugary snacks and beverages.
- Opt for a balanced diet rich in fruits, vegetables, and dairy products.
- Drink plenty of water to help flush away food particles and bacteria.



4. Leverage Evidence-Based Preventive Measures:



- Fluoride Application: Fluoride treatments, have been proven to strengthen tooth enamel and prevent cavities. Your dentist can provide guidance on the most suitable fluoride application for your needs.
- Sealants: are a measure for reducing the risk of tooth decay, particularly in molars.
- Prescribed Medications: For individuals at higher risk of dental issues, your dentist may recommend prescription toothpaste or mouthwash.

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