

## Tips for Maintaining Great Oral Hygiene from the Family Dentist El Reno Loves

The family dentist El Reno, OK residents prefer, wants patients to maintain their optimal level of oral health. Call to find out more today.

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People sometimes believe that regular dental checkups and teeth cleanings are non-essential as long as they maintain a consistent at-home care routine. However, there are dental health concerns that go unnoticed to the untrained eye, and even the most thorough brushing and flossing allows the buildup and hardening of plaque into calculus or “tartar.” This hardened plaque cannot be removed without the assistance of professional dental hygienists at El Reno Family Dentistry. Let our team help you achieve and maintain your optimal level of oral health. [Call](#) our conveniently located [El Reno, OK](#) dental practice to schedule a checkup and teeth cleaning today.

### Professional Teeth Cleanings and Checkups with El Reno Family Dentistry

The professional dental team at El Reno Family Dentistry recommends all patients (beginning from the time their first tooth emerges) visit the dentist two times each year. These [six month checkups](#) give our team the opportunity to examine teeth, take x-rays, and thoroughly clean your smile. Six month dental examinations and periodic x-rays allow our El Reno dentist to screen patients for signs of tooth decay, gum disease, bruxism (teeth grinding and clenching), TMJ disorder, and oral cancer. In most cases, regular examination and screening prevents dental health issues from developing past a mild or moderate stage. This allows our El Reno dental team to treat patients when minimally invasive, conservative treatments are still effective.

Professional dental cleanings allow our hygiene team to remove the stuck-on, hardened plaque often referred to as tartar. When plaque reaches this state, it cannot be removed through regular brushing and flossing. Our hygienists also eliminate plaque from below the gum line helping patients avoid gingivitis and more severe forms of periodontal (gum) disease.

### At-Home Oral Hygiene Tips from Your Family Dentist El Reno, OK

Many patients don't realize that a few, minor changes to their daily tooth brushing and flossing routine can drastically improve their oral health. Basic oral hygiene changes to protect your smile health include:

- Always brush at least two times each day: once in the morning and once before you go to sleep. Saliva neutralizes acidic bacteria that leads to dental decay, but your mouth ceases to produce saliva at night. This means your teeth are most vulnerable during sleep and first thing in the morning.
- Consider brushing or using an antimicrobial mouth rinse directly following meals.
- Always brush for at least two minutes at a time to remove plaque and bacteria and give the fluoride in toothpaste adequate time to settle on teeth.
- Avoid eating or drinking for the first half hour following tooth brushing. This allows the enamel to fully absorb fluoride.

- Floss at least once every day. Use a clean section of floss between each tooth, and make sure you shift the floss back and forth below the gum line.

Call the Dentist 73036 Residents Prefer – Dr. Adam Cohlmi

The El Reno Family Dentistry team is ready to help you achieve your dental health care goals. [Call](#) to find out more about maintaining your optimal level of oral health, or to schedule a checkup and cleaning today.