



Jill Lasky, DDS

Nurturing healthy smiles & beyond!™

TOP ORAL HYGIENE TIPS

Sticky is Icky

It's best to avoid sticky foods because the longer food stays in your mouth, the greater the risk of developing cavities. Think grapes not raisins at snack time.

Grazing is for Cows

Snacking throughout the day will feed decay making bacteria. It is better to set and maintain regular mealtimes for your child's optimum dental and physical health.

Water, Water, Always Water

Juice, sports drinks, and sodas (even lo-cal or sugar-free) will increase your child's risk of tooth decay. Water is always the best beverage choice to keep your child's teeth healthy and their body hydrated. Added benefit-water can wash away food particles especially if your child doesn't get to brush before they take a nap or go to sleep.

Chew Away Decay

Surprisingly enough chewing sugarless gum for about 20 minutes after meals can help prevent tooth decay. Chewing gum containing non-cavity causing sweeteners (e.g., xylitol, mannitol or sorbitol) increases the flow of saliva that washes away food and other debris, neutralizes acids produced by bacteria in the mouth. Increased saliva flow also carries with it more calcium and phosphate to help strengthen tooth enamel.

Got Questions? Email us @ info@drjilllasky.com

www.DrJillLasky.com

