

Donovan Browning DDS Offers Tips for Maintaining Good Oral Health

Good oral hygiene, says professional dentist Donovan Browning DDS, can be achieved through a consistent adherence to daily oral hygiene practices.

AUBURN, CA, USA, June 27, 2014 /EINPresswire.com/ -- Good oral hygiene is necessary to prevent the onset of plaque, gingivitis and tooth loss. [Donovan Browning DDS](#) understands that in a world full of distraction and busy schedules, it can often be difficult to maintain a consistent oral hygiene routine, though he also knows a strong oral hygiene routine is the best way to prevent the expense and potential pain of costly dental procedures down the road.

As an Auburn area dentist, [Donovan Browning DDS](#) emphasizes the need to committed and comprehensive oral care. Below, he shares both the need for and the importance of simple hygiene practices, behaviors that can help to ensure both the health and the longevity of your teeth for many years to come.

Defining Plaque. Plaque, says [Donovan Browning DDS](#), generally results from a person's diet, and can appear in many places that your toothbrush just can't reach. Both starchy foods, such as cereal, breads and crackers, and sugary foods and lead to the formation of plaque, which, if left alone, can often lead to gum irritation, gingivitis, cavities and tooth decay. Plaque, says Donovan Browning DDS, has the ability to irritate the gums, lead to gum disease, and affect the health of the bone that surrounds the teeth.

Removing Plaque

The best way to remove the scourge of plaque, says Donovan Browning DDS, is by committing yourself to regular brushing and flossing. Brushing, says Donovan Browning DDS, helps to remove plaque build-up from the surface of your teeth, and a concerted effort should be made to brush your teeth at least twice a day. Often times an antimicrobial toothpaste, one that contains fluoride, can help an individual further prevent the onset of tooth decay.

Flossing, says Donovan Browning DDS, helps you remove the plaque that accumulates in the areas of your mouth that your toothbrush can't reach. He recommends a thorough flossing of your gums and between your teeth at least once a day. Flossing is critical, he says, to the prevention of gum disease, which can often lead to decay and tooth loss.

Tips for Brushing and Flossing

Brushing, says Donovan Browning DDS, should entail the inner, outer and chewing surfaces of your teeth. Your toothbrush, he says, should be placed at a 45 degree angle in relation to your gums, and should be used gently and thoroughly in order to cover as much surface as possible.

Floss, he says, should be used gently, though it should always be held tightly between your forefingers and your thumbs. As you floss, he says, be sure to carefully cover all the areas between all of your teeth, as well as between your gums and your teeth.

Mouth Rinse

One way to supplement daily brushing and flossing, says Donovan Browning DDS, is through the use of an antimicrobial mouth rinse, one that helps to reduce the amount of bacteria and plaque that often lead to gum disease. Consult with your dentist, says Donovan Browning DDS, to determine a mouth rinse product that is mouth appropriate to the maintenance of your oral health.

About: Donovan Browning DDS is a specialist in cosmetic dentistry, and is currently practicing with the Esthetique Dental Center in Auburn, California.

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