



### WHITENING TEETH

"There are a lot of do-it-yourself kits available over the counter but they're not effective as they only brighten the teeth and not whiten them. It's best to consult your dentist and ask for the best white toothpaste option for you."

— Dr. Mukul  
Dabholkar

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treatment. The milk teeth are extracted and the growth of permanent teeth is guided in the right places with the help of braces. This is a longer treatment but it is better. If you have missed the treatment at this age, you can get it an older age as well but it's advisable between this age group.

**18 and above:** Common dental problems include caries, tartar formation, food sticking between teeth and bad breath. These can be taken care of by regular visits to the dentist which ensures regular cleaning of teeth as well as removal of decay when it is small and filling the tooth. Others include sensitivity or pain in gums and teeth which may be due to an erupting wisdom tooth that can be corrected by visits to the dentist, bleeding gums can be taken care of by cleaning and in some cases gum surgery, bad breath

### THE IDEAL TOOTHPASTE

With many options available in the supermarket, it can be difficult to pick the right toothpaste but Dr. Darshan says, "Toothpastes comprise mainly of mild abrasives which only when combined with a competent toothbrush remove the layer of plaque that forms on the tooth's surface." Thus, it's not the toothpaste that's our weapon but the toothbrush. He continues, "A lot of advertising is centered around the minor ingredients which have little effect on cleaning. It's the brush that does the job so it's okay to select any toothpaste depending on your taste but it's important to buy a great toothbrush which should be changed as soon as its bristles lose shape."

which can be eliminated by drinking more water and by tongue cleaning,

### DAILY CARE

Dr. Darshan Parulkar, a Dental consultant at Lilavati Hospital, lists a few habits to follow as a ritual in order to ensure flawless dental care.

- It is important to brush twice a day — once when you wake up and once before you sleep.
- The correct way to brush is vertically from gums to the teeth

and not horizontally which is easier but not the right way. It is important to clean each surface of the tooth — outer, inner and the biting surface.

- Flossing in adults is very important, ideally once a day but at least 3 times a week.
- People who have lots of caps or bridges in their mouth should use interdental cleaning kits which are like mini bottle cleaners.
- Mouth washes should be used only when advised.

### « TOP 5: FOODS TO AVOID TEETH STAINS



#### 1 « Black coffee

One of the main culprits for stained teeth. The outer layer of our teeth is very porous which means foods and liquids are absorbed and stay there.



#### 2 «