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In todayâ€™s trying economic environment, many Americans are finding inexpensive, yet effective, ways to go about their daily routines. From buying in bulk to carrying reusable water bottles and thermoses, Americans are quickly learning to adapt to this difficult time. The same frame of mind can be applied to dental cleanings and proper dental care. There are a variety of simple home practices to take care of your teeth and help you to a brighter smile without spending a fortune. While visiting your Austin dentist at least twice a year is one of the most powerful tools at your disposal, between visits you can take care of your teeth in inexpensive, practical ways.

Plaque and tartar are two of the most common, irritating, and unsightly issues that many Americans fight every day. Plaque is a soft, sticky, invisible film of bacteria that begins to build up over teeth from the moment we are born. Tartar is a chalky, white bacterium that forms on teeth. Tartar often grows over a film of plaque and can cause a variety of oral issues and diseases including tooth decay and bad breath.

One of the most powerful weapons we have against these growing dental problems is the power of regular tooth brushing. Brushing two or three times per day is essential to proper oral care. Use fluoridated or tartar-control toothpaste approved by the American Dental Association. Fluoride-based toothpaste strengthens and whitens teeth if used at least twice a day or after every meal. Tartar-control toothpaste does not always free you from the chalky clutches of tartar, but it does diminish the amount of bacteria by 30-40%.

Another important, often-overlooked facet of proper, inexpensive oral health care is brushing with proper technique. Many Americans brush too hard which can destroy enamel (the protective seal over our teeth) and cause bleeding around the gums. Remember that brushing is not an endurance or strength test; use a soft-headed brush and be sure to use at least two minutes to clean every surface in your mouth twice a day.

Located in Central Austin, 38th Street Dental is a conservative general and family dental practice. Not old school, old fashioned, or out-dated, Dr. Meek and Dr. Tasch are high tech dentists with advanced training in dental implants, cosmetic dentistry, and advanced restorative care. We do not focus solely on cosmetics and you will not be subjected to high pressure consultation tactics that can make going to the dentist uncomfortable.38th Street Dental understands that not having dental insurance may make trips to the dentist uncomfortable, so they offer their Gold Plan discount dental program. From dental hygiene services to advanced cosmetics and restorative care, 38th Street Dental looks forward to working with you to improve your dental health.

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