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Once you get rid of bad dental bacteria, how do to keep your mouth full of the good guys?



This article explains how to keep good germs in your mouth after treatment for decay or gum disease.

Main ideas

- Many mouth problems are caused by bad germs. Diet and cleaning decide which germs live in your mouth.
- Serious problems may need strong treatment: a deep clean, strong mouthwash, gels, toothpastes or antibiotics.
- Strong treatments also kill good germs and can dry the mouth, change taste or stain teeth. So they are only used for a short time.
- After treatment, do not go back to old habits. Build a plan you can keep up.

Good habits

- Eat less processed food. Eat more high-fibre food and a little cheese.
- Drink 2 to 3 litres of water a day, more if active or sweating.
- Brush twice a day with a soft brush and fluoride toothpaste. Clean between teeth and clean your tongue.
- Use a straw for sugary or acidic drinks. Wait 30 minutes before brushing.
- If you have dry mouth or reflux, use special products that repair teeth.
- If tooth roots are showing, use a toothpaste that stops sensitivity and decay.
- You can try a mouth probiotic (good germs).
- See your dentist regularly.