

Quality  
Dentistry  
Guaranteed

# DENTISTRY NO-NOs

## **DON'T** chew gum or suck on lollipops unless they're sugar-free

Bathing your teeth in sugar for extended periods will inevitably lead to tooth decay.

## **DON'T** smoke

Smoking not only discolours and weakens your teeth but can lead to gum disease and oral cancer.

## **DON'T** get your tongue pierced

A pierced tongue can cause excessive drooling, infection, pain, swelling, chipped teeth, increased saliva flow and nerve damage. The repetition of the stud gently hitting the lower front teeth can seriously damage your teeth.

## **DON'T** forget to wear your retainer

Not wearing your retainer after orthodontic treatments such as braces may mean your teeth could move out of their new and correct position.

## **DON'T** go to bed without brushing and flossing

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## **DON'T** use very abrasive toothpastes

While effective at lightening stains, the super-abrasive toothpastes may also remove some of your tooth.

## **DON'T** use someone else's toothbrush

No matter how close you are to someone, it houses bacteria that can compromise your health.

## **DON'T** bite your nails

Over time you will erode your teeth and can chip off the edges of the enamel.

## **DON'T** open a bottle or wrapper with your teeth

This can wear your teeth down, give them a dull appearance or even crack your teeth.

## **DON'T** allow thumbsucking

This will impair tooth alignment. Dummies and bottles for children aged two and older are also no-goes for the same reason.

## **DON'T** drink fruit juice at bedtime

The fructose in fruit juice can cause as much damage as sugary drinks if left in your mouth overnight.

**FREE Examination and X-rays** (2 Bitewing X-rays)

Call Today! **02 9223 4767**

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**New Smile, New You!**  
**For All Your Dental Needs**