

## ■ 5 Simple Tips for Healthy Gums

Whenever patients visit me, most of them ask about shiny white teeth – but very few ask about gums. The truth is, **healthy gums are the real foundation of a strong smile**. If gums are weak, teeth cannot stay strong for long. So, here are 5 simple and practical tips I usually share with my patients for keeping gums healthy:

### 1. Brush Properly Twice a Day

- Don't just brush your teeth – focus on your gum line too.
- Always use a soft-bristled toothbrush with gentle circular strokes.
- Spend a full 2 minutes brushing – rushing won't clean properly.
- Change your brush every 3 months.

■ Tip I often give patients: If your gums bleed while brushing, it's usually a sign of gum inflammation, not that you should stop brushing.

### 2. Floss Daily

- Brushing cleans only 60% of your mouth; flossing does the rest.
- Do it once a day, ideally before sleeping.
- Be gentle – floss should hug the tooth, not cut into the gums.

■ Most patients tell me they don't have time for flossing. I always say – it takes less than 2 minutes, but saves your gums for years!

### 3. Use Antimicrobial Mouthwash

- Rinsing helps reduce bacteria your brush and floss may miss.
- Go for alcohol-free mouthwash to avoid dryness.
- Use it once or twice daily, preferably after meals.

■ Mouthwash is not a substitute for brushing or flossing – think of it as an extra shield for your gums.

### 4. Eat a Gum-Friendly Diet

- Vitamin C (like oranges, kiwis, strawberries) keeps gums strong.
- Calcium (milk, cheese, leafy greens) helps teeth and jawbone.
- Drink water after meals to wash away food particles.
- Limit sodas and sticky sweets – they love to attack your gums.

■ A patient once asked me – “Does chocolate damage gums?” My answer: Enjoy it in moderation, but rinse or brush afterward!

## 5. Visit Your Dentist Regularly

- Gum disease often starts silently – no pain, no symptoms.
- A 6-month dental visit can catch problems early.
- Professional cleaning removes tartar that no brush can.
- Always ask your dentist to show you the right brushing technique.

■ Believe me, even dentists get their teeth cleaned every 6 months – because prevention is always better than treatment.

### ■ Final Note:

Healthy gums mean fresh breath, stronger teeth, and a confident smile. Start with these 5 simple habits today – your gums will thank you for life.