

Top 3 Dentist Tips for Teeth Brushing

We are brushing for years and years. But Aren't we aware of brushing our teeth for at least two minutes? If not, start from today to learn the proper teeth brushing routine.



Here best [cosmetic dentistry in Brisbane](#) dentist provides top 3 amazing brushing tips for your healthy mouth. Let's take a deep dive into those;

Toothbrush that should be used

Try to use bristled tooth brush for brushing. These tooth brushes helps to remove plaque from your teeth and keeps your mouth clean says [Brisbane dentist](#). If you have difficulty in brushing your back teeth, the best alternative is to use electronic tooth brushes available now.

Is it the time to change your toothbrush?

Most of them uses toothbrushes for long causing damage to the bristles. Don't uses brushes for over three months. Using old brushes can make your teeth damage and

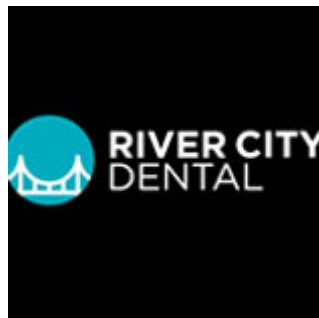
even can cause serious infection because these damaged brushes acquire lots of germs.

Usage of toothpaste

There are lots of toothpastes available in the market. But, it's a very important to choose the right one and follow right [dental procedures](#). According to the condition of the teeth such as sensitivity, cavities different toothpaste can be found. If you have more doubts about what to choose with, consult a dentist nearby you.

Whom we are

Rivercity dental is one of the premier dental clinic having latest dentistry technology and professional dentists. Dental practice is led by Dr John Bacalakis, senior [dentist in Indooroopilly](#).



We offers various dentistry services such as children's dentistry, cosmetic dentistry, dental implants and much more. Get in touch with us on info@rivercitydental.com.au or call to (07) 3667 9595.