

Dental Care

Body & health

What actually prevents decay, and the habits that undo it.

General guidance; your dentist's advice for your teeth takes precedence.

Daily

Brush twice, two minutes

Fluoride toothpaste, 1350–1500 ppm

Spit, do not rinse

Clean between teeth once a day

Frequency matters

How OFTEN you eat sugar matters more than how much

Each exposure acidifies for ~20 minutes

Confine sweets to mealtimes

Avoid

Brushing straight after acidic food or vomiting

Hard brushing — it abrades gums

Sugary drinks sipped over hours

Wait an hour after anything acidic before brushing. Enamel is temporarily softened and brushing removes it.