



## Things to Avoid

In order to ensure that you smile with all your 32 teeth, make sure you never skip a visit to the dentist. Other habits to avoid include:

- Going to bed without brushing and flossing
- Vigorous brushing in attempt to clean teeth
- Consuming sweet products in high quantity
- Skipping calcium and minerals in meals
- Not visiting dentist periodically

**Teeth are always in fashion. Ensure their health and protection with Oraliah**



**Schedule an appointment with us today**

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**THE IMPORTANCE OF ORAL HYGIENE AND GUM DISEASES**

**“BRUSH YOUR TEETH, CRUSH YOUR CAVITY”**



## HOW TO MANAGE ORAL HYGIENE AT HOME?



It is important to ensure that dental health is maintained from the time of infancy and continued consistently throughout adulthood. Oral hygiene helps protect us from various cardiovascular, and gastrointestinal diseases besides dental issues such as cavity or gum diseases. Practicing a good dental habit will keep a person healthy and happy, both inside and out.

## HOW CAN YOU KEEP YOUR TEETH HEALTHY?



Simple dental habits can ensure the safety and security of your gums and teeth. Here's a list:

- Brush your teeth twice daily
- Use a fluoride toothpaste and a soft-bristled toothbrush that fits your mouth comfortably.
- Keep your dental equipment clean
- Practice good technique, ensuring each nook and corner of your mouth is cleaned thoroughly
- Replace your toothbrush at regular intervals
- Pay regular dental visit at Oraliah

**ORAL HEALTH = OVERALL HEALTH**

## WHEN TO VISIT THE DENTIST?



The American Dental Association recommends a visit to the dentist at least once a year, but making an appointment once in six months prevents a host of oral related problems. Issues such as tooth pain, swollen gums, white spots on gums or teeth, headache from grinding teeth, should not be taken lightly and immediately consulted.

Oraliah offers one-stop-solution to all your dental issues. Opt for a pocket-friendly package and secure a healthy future with a smile.

## OUR DENTAL PACKAGE INCLUDE:



### Individual

This is designed for an individual person (check ups, extraction, fillings, etc.)



### Family

Protect your family from any dental concerns and pain



### Friend circle

Ensure the dental needs of your friends and colleagues are covered

## What is Periodontitis?

Periodontitis or gum disease is an infection of the tissues that helps to hold the teeth in place. This is caused by irregular dental routines resulting in the formation of plaque, bleeding or swollen gums, bad taste, and bad odour, among others. Oraliah offers aesthetic dental procedures such as teeth cleaning, teeth whitening, or bleaches that will help ensure you have healthy gums and shining teeth.

## HOW TO TAKE CARE OF YOUR GUMS?



- Always choose a good toothpaste brand that will help strengthen the enamel and protect sensitive teeth
- Abstain from Smoking and Drinking habits
- Regular brushing of teeth – two times per day
- Floss at least once per day
- Rinse with mouthwash daily
- Ensure your diet includes vitamin C, vitamin K, and other essential nutrients
- Visit Oraliah at regular intervals.