

Charlotte Teeth Cleaning



TEETH CLEANING

Teeth Cleaning in Charlotte

Keep your smile beautiful by visiting Charlotte Dentistry® for a regular teeth cleaning. In addition to [whitening teeth](#) and the [cosmetic](#) benefits, a professional teeth cleaning can provide early diagnosis of other health problems.

Between visits the American Dental Association recommends:

- Brush your teeth twice a day with fluoride toothpaste. Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth. If you have [braces](#) your [orthodontist](#) will tell you this is especially important.
- Clean between teeth daily with floss. Decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line. Flossing now prevents a visit to the periodontist later.
- Eat a balanced diet and limit between-meal snacks.
- Visit your dentist regularly for professional teeth cleanings and oral exams.

Teeth cleaning is important for [children](#) and the whole [family](#), so don't skip your regular teeth cleaning appointment! Contact Charlotte Dentistry® today to [schedule an appointment](#).