



# **7-Day** Oral Health Improvement Guide

Dentist Recommended

*“It takes 21 days to develop a habit but 90 days to establish a lifestyle. Therefore, oral health improvements begin with intentional practices that translate into lifestyle changes.”*

**Now more than ever, oral health is tightly coupled with systemic health.**

According to a recent study, oral infection, especially periodontitis, may affect the progression of many systemic diseases, including cardiovascular disease, pneumonia, diabetes, and low birth weight. However, what's more concerning is the lack of action taken by the population.

According to the NIH, almost half (47.2%) of adults 30 years and older have some form of gum disease. In addition, 70.1% of individuals 65 and older have periodontal disease. The 7-Day Oral Health Improvement Guide aims to wage war against gum disease and cavity-causing bacteria from a dentist's perspective.

### **Mouth-body connection**

- Inflammation is the root cause of all major diseases
- 120+ systemic diseases originate in the mouth
- Infrequent brushing - 70% increased risk of cardiovascular disease
- The risk of death increases 50% if you don't see a dentist twice yearly
- Research shows a strong connection between oral and overall health

**Recommended Reading:** [Mouth-Body Connection \(32 Reasons\)](#)

### **What's Included?**

**The purpose of this guide is to empower patients to better oral health with "easy wins."** Easy wins are simple actions added to your oral health routine. This "addition process" builds new habits each day. For example, day 1 emphasizes

using your **toothbrush + toothpaste**. Day 2 emphasizes using your **toothbrush + toothpaste + floss**. Each day a new task will be added for an easy win and lifestyle change.

Oral health improvements are highlighted using three tiers (**good, better, best**). If you're ready to go to battle against harmful bacteria, implement all (**good+better+best**) recommendations. However, if you're looking for easy wins with minimal effort, stick to the good and better suggestions.

### What's NOT Included?

Shame and discouragement have no place in this guide or any dental practice, for that matter. Yet, according to a recent study in a leading psychiatry journal, 47% of dental patients have experienced embarrassment or powerlessness at the dentist. **Sadly, I've treated patients still carrying shame and humiliation due to incidents that occurred 20 years prior.**

**If you've been shamed or condemned by a clinician, I apologize on behalf of the dental profession. I hope you find the recommendations helpful to improve your oral and systemic health for a happier and healthier life.**

*"we"*  
**PROTECT**  
*your*  
*teeth*

**PUT ON**  
*your BEST*  
**Smile**  
**EVERYDAY**

*floss,*  
**LIKE A**  
*boss*

## **Day 1** (*toothbrush + toothpaste*)

### **Good**

**Brush with your current toothbrush and toothpaste at a 45-degree angle to your gum line.** Brush for at least 2 minutes to remove soft plaque and bacteria. Then, using a circular motion, lightly brush each tooth's surface (inside, outside, chewing surface). Avoid scrubbing your teeth, which leads to gum recession and tooth sensitivity.

***“Soft plaque is easily removed by your toothbrush; however, untreated plaque will transition into tenacious tartar. Professional cleaning is necessary to remove tartar.”***

### **Better**

Brush twice daily using a soft-bristled toothbrush and a pea-sized amount of fluoride toothpaste. **Fluoride is essential as it repairs and remineralizes weakened enamel.** Be sure you replace your toothbrush every three months to prevent bacteria growth. In addition, store your toothbrush in a safe, dry place to avoid harmful bacteria growth.

### **Best**

For optimal oral health, upgrade your toothbrush to an electric toothbrush. My favorite is the BURST Sonic Toothbrush because it features 33,000 sonic vibrations/minute, charcoal-infused feathered bristles, pressure sensors and subscription replacement brush heads. **Check out our full review HERE!**

**In addition, use an ADA-approved fluoride toothpaste without sodium lauryl sulfate (SLS).** According to a recent study, SLS can cause irritation and inflammation of your tongue, lips or gums. **Lastly, be sure you're brushing AFTER breakfast and BEFORE bed to remove food plaque.** However, if you consume acidic beverages in the morning (juice, tea, etc.), wait at least 15 minutes before brushing.

## **Day 2** (*toothbrush + toothpaste + flossing*)

### **Good**

**Everybody hates flossing!** 27% of adults lie to their dentist about how often they floss their teeth. Even I hate flossing; It's tedious and time-consuming. To achieve an easy win, start by flossing twice per week. In time, progress to every other day and if you're up for a challenge, floss nightly. **I know patients that floss after every meal!** In addition, if you have significant gaps between your teeth or have braces use a water flosser to flush out plaque between your teeth. My favorite water flosser is the BURST Water Flosser because it's portable, lightweight and features three different modes. **Check out the full review HERE!**

### **Better**

**If you want to step up your flossing game, use a "c-shaped" flossing technique.** After popping the floss between your teeth, wrap the floss around the tooth and gently scrub up and down. Switch to the other tooth and do the same before removing the floss between the teeth. **BURST, Cocofloss and Dr. Tungs Smart Floss** all feature expanding floss while cleaning between the teeth. **Check out our full review of the Top 8 Best Dental Floss HERE!**

### **Best**

**If you're ready to slay the bacteria giant, use floss picks throughout the day after eating to remove stubborn food debris.** Plaque houses harmful bacteria that feasts on left behind food debris. In addition, the bacteria will produce acid that leads to tooth decay and gum inflammation. **Check out the Top 6 Best Floss Picks HERE to find one that fits your needs.**



### **Day 3** (*toothbrush + toothpaste + flossing + mouthwash*)

#### **Good**

**Add mouthwash to your daily routine for an easy oral health win.** However, you may be overwhelmed walking down the store aisle as there are numerous different products. I recommend choosing a mouthwash that features an **ADA Seal of Acceptance**. The seal exemplifies its effectiveness as it contains fluoride, controls bad breath, fights gingivitis and alleviates dry mouth. Use the mouthwash nightly after brushing and flossing, and do not drink for 15 minutes afterward.

#### **Better**

Use mouthwash nightly; however, you can also use it in the morning after brushing and flossing. In addition, travel-size mouthwash is available to use on the go after meals. **Chlorhexidine is a prescription mouthwash that your dentist can prescribe to target gum disease-causing bacteria.** However, avoid using it longer than two weeks as increased plaque and tartar formation may occur.

#### **Best**

If you have a water flosser, fill the reservoir with mouthwash to blast away plaque mechanically (high-pressure spray) and chemically (antibacterial mouthwash). **According to a recent article, antibacterial mouthwash kills 5x more plaque above the gumline than floss.** In addition, mouthwash treats varying conditions, including sensitive gums, teeth, complete care, dry mouth and bad breath. **Be sure to check out all of our mouthwash reviews HERE!**

***“Use a water flosser in the shower to keep your gums clean and free from harmful bacteria.”***

## **Day 4** (*toothbrush + toothpaste + flossing + mouthwash + appliances*)

### **Good**

**Do you wear an oral appliance such as a night guard, clear aligner or sleep appliance?** Or, maybe you wear a denture, partial denture or prosthetic device? Unfortunately, dental appliances are prime for bacteria to thrive. However, an excellent product to eradicate bacteria is **Dr. B's Dental Appliance Kit**. **Check it out [HERE!](#)** It comes with the Liquid Crystal Soak Cleanser and an ultrasonic cleaner. It's ideal for all oral and prosthetic appliances and kills 99.99% bacteria and fungi. Use this product nightly to remove harmful bacteria that can negatively impact your oral health.

### **Better**

If you wear a prosthetic appliance (denture or partial denture), it's essential to remove it for at least 8 hours. The gum tissue is under prolonged strain and requires time to rest and recover. In addition, the prosthetic inhibits adequate blood flow to areas in your mouth, preventing tissue healing. Lastly, cleaning your prosthetics and teeth is essential to remove plaque and food debris.

### **Best**

**Patients that wear partial dentures and clear aligners are prone to harbor more plaque around their teeth.** This occurs because the appliance maintains direct plaque contact for an extended period. For example, partial dentures feature a clasp to hold the apparatus. Food and other bacteria commonly collect in this area.

Therefore, remove your appliance and rinse your mouth after each meal. In addition, if you wear a clear aligner, adequately rinse your mouth after eating to prevent bacteria from having extended time on your teeth.

**Day 5** (*toothbrush + toothpaste + flossing + mouthwash + appliances + conditions*)

**Good**

**Dry mouth, also known as Xerostomia, is a challenging dental condition.** For example, harmful bacteria thrive in dry, acidic conditions. If you suffer from dry mouth, you're more likely to experience tooth decay and gum disease. In addition, medical conditions and medication can cause dry mouth as well. Combat dry mouth by sipping water and chewing sugar-free gum or sugar-free candy. **A dry mouth prevents saliva from clearing away plaque and other food debris on the teeth.**

**Better**

Consider using a dry mouth oral rinse to moisturize your mouth. **Check out Top 7 Best Dry Mouth Oral Rinse [HERE](#).** Including dry mouth, other detrimental oral conditions include oral lichen planus and pemphigoid/pemphigus. These pathologies feature chronic inflammatory diseases of the mouth and gum tissues. If you suffer from these conditions, avoid spicy foods that may induce flare-ups. Instead, talk to your dentist about prescription "magic mouthwash" that will alleviate discomfort and encourage healing.

**Best**

A dry mouth is highly debilitating and burdensome. However, there are numerous products available to aid poor salivary flow. **Check out the Top 6 Dry Mouth Products [HERE](#)!** Use these products in conjunction with other techniques discussed.

*“Many medicines can cause dry mouth, including drugs used to treat obesity, epilepsy, hypertension, diabetes, cardiovascular disease, diarrhea and asthma.”*



## **Day 6 (toothbrush + toothpaste + flossing + mouthwash + appliances + conditions + nutrition)**

### **Good**

**Harmful bacteria rely on the food we ingest to wreak havoc on our teeth and gums.** In my practice, high-cavity risk patients routinely consume high-sugar and high-carbohydrate foods.

The more frequently food is consumed, the longer plaque will be present and available for bacteria to ingest. In addition, sugars and carbohydrates are sticky and readily adhere to the tooth surface, adjacent to the plaque formation (bacteria). **Therefore, limit frequent eating to improve your oral health.**

### **Better**

Like frequency, decreasing the quantity of food starves bacteria from producing harmful acid leading to gum inflammation and cavity formation. In addition, consuming fewer sugars and carbs can improve your systemic health. Avoid high-sugar foods and replace them with healthy snacks, fruits and vegetables.

### **Best**

**According to the CDC, 63% of adults consume sugar-sweetened beverages during the day.** If you're having a hard time kicking this habit or you enjoy it too much to quit, consider using a straw. It's a significant modification to prevent sugar from bathing your teeth. For example, without a straw, the teeth are washed with sugar every sip.

**The bacteria are having a field day. Crush their party by sipping on your favorite drink using a straw to limit contact time with the teeth.**

**Day 7 (toothbrush + toothpaste + flossing + mouthwash + appliances + conditions + nutrition + health)**

**Good**

**Healthy lifestyles are massive factors for your oral health.** Replenish your body with nutrients, vitamins and minerals responsible for body function. For example, scurvy is a disease resulting from inadequate vitamin C; A prominent symptom is bleeding gums. In addition, healthy food consumption allows your body to mount a proper immune response against harmful bacteria.

**Better**

**Adequate exercise enhances your systemic health and oral health.** For example, the CDC recommends 20 minutes of exercise daily to maintain cardiovascular health. How does that relate to oral health?

Healthy organs, including the lungs and heart, work together to pump oxygen-rich blood. Blood that lacks adequate oxygen prevents enzymes and other factors from reaching the source of infection. In addition, poor blood circulation prevents harmful toxins from being removed from the infected gum tissue. Therefore, improve your cardiovascular health for improved oral health.

**Best**

**It's recommended that the average adult consumes 8 oz of water eight times daily to replenish their body.** Hydration directly correlates with oral hydration. Prevent dry mouth by drinking water during the day. In addition, replenish your body with lost electrolytes, especially after strenuous exercise. Salt, potassium and phosphorus are essential for healthy body function, including gum health. Beneficial lifestyle improvements will have a profound impact on your overall health.

## Final Thoughts

**Kicking bad habits can be just as tricky as implementing good practices.** So don't beat yourself up as you tweak your oral health home care routine. Instead, remember to gain small wins and use them as building blocks. In addition, be sure to visit your dentist twice yearly for routine checkups and cleanings to remove harmful bacteria. Oral and systemic health are joined at the hip, so make every effort to improve your oral health for a happier and healthier life.

## Sources

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