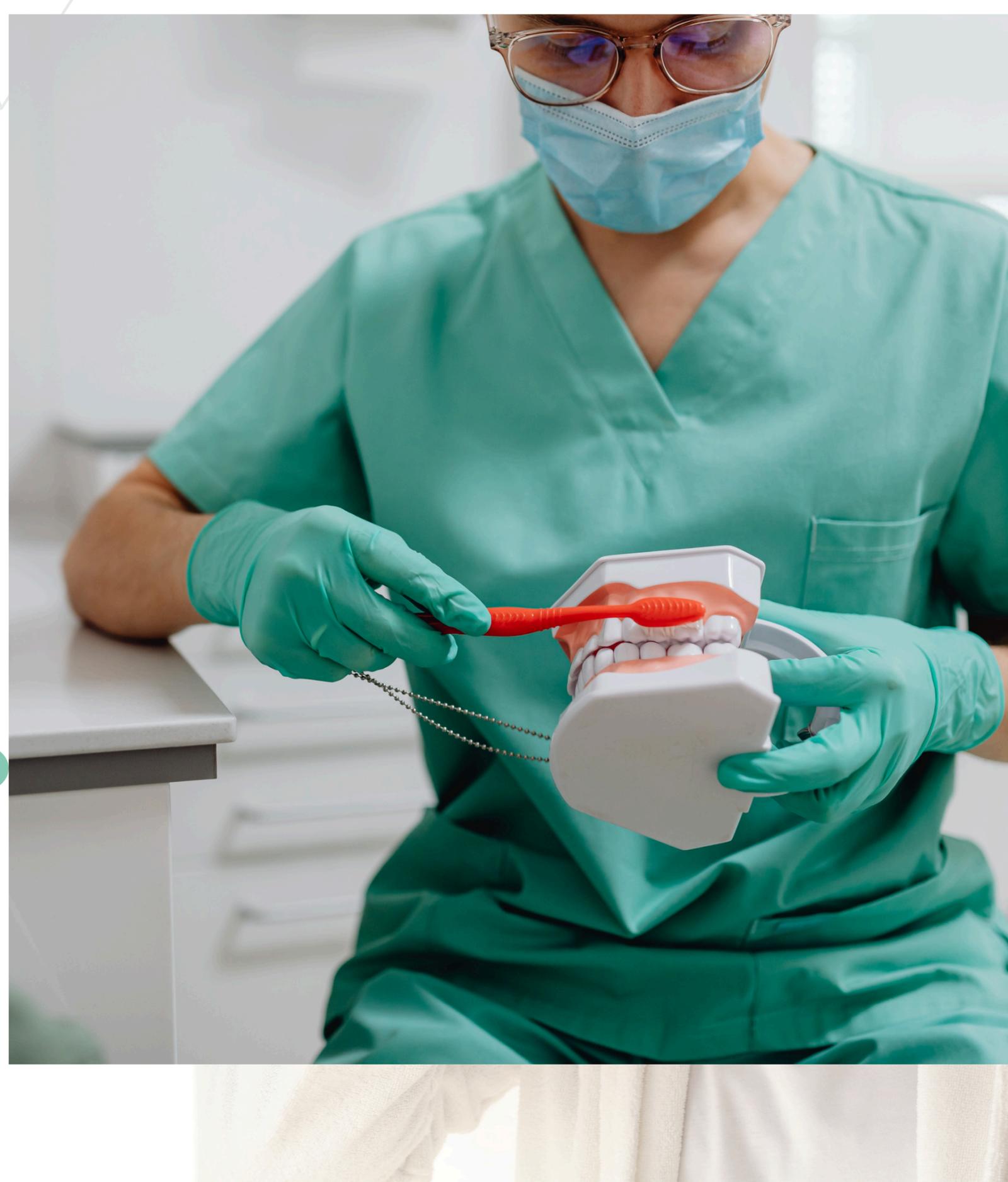


By OutreachLegale

# THE DENTIST REPORT

Are You Brushing Your Teeth the Wrong Way?

**Daily Mistakes That Secretly Harm Your Gums 7  
(And What To Do Instead)**





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# The Hidden Causes of Gum Damage

**Most people believe brushing harder means cleaner teeth.**

**In reality, dentists see the opposite every day.**

**Bleeding gums, bad breath, and sensitivity are often caused**

**by daily habits people believe are healthy.**

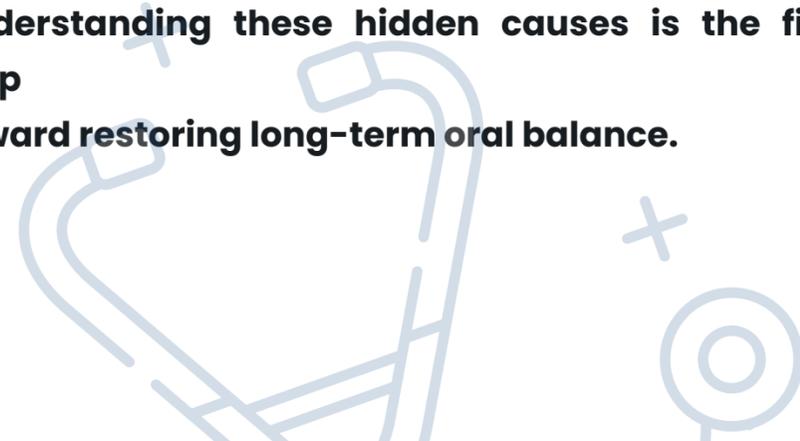
**Understanding these hidden mistakes is the first step to restoring long-term oral balance.**





## The Silent Damage Happening in Your Gums

**Most gum damage doesn't happen overnight. It develops slowly through daily habits people believe are harmless — brushing too hard, ignoring bleeding, or using products incorrectly. Because this damage develops gradually, many people don't realize their gums are being harmed until sensitivity, pain, or recession appears. Understanding these hidden causes is the first step toward restoring long-term oral balance.**



# Mistake #1 – Brushing Too Aggressively

Most people believe brushing harder means cleaner teeth.

In reality, aggressive brushing damages gum tissue and causes recession.

## What to do instead

**Use gentle circular motions with a soft toothbrush.**





## Mistake #2 – Killing All Bacteria

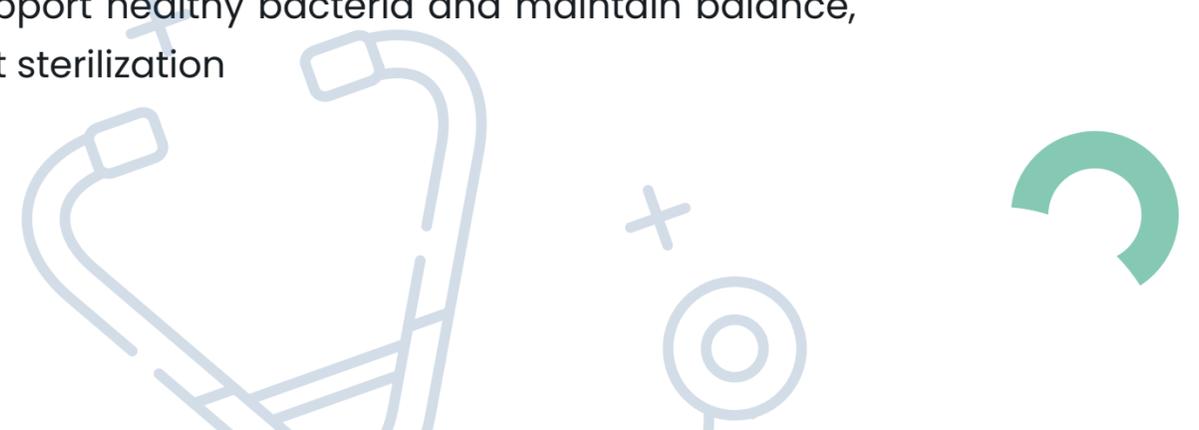
### **Why it's bad:**

“99.9% kill” sounds good – but your mouth isn't meant to be sterile.

Overusing antibacterial products disrupts the natural oral microbiome.

### **What to do instead:**

Support healthy bacteria and maintain balance, not sterilization



# Mistake #3 – Ignoring Bleeding Gums

**Why bleeding isn't normal:**

It's a sign of inflammation, not "hard brushing".

**What to do instead:**

Address the cause early, before damage worsens.



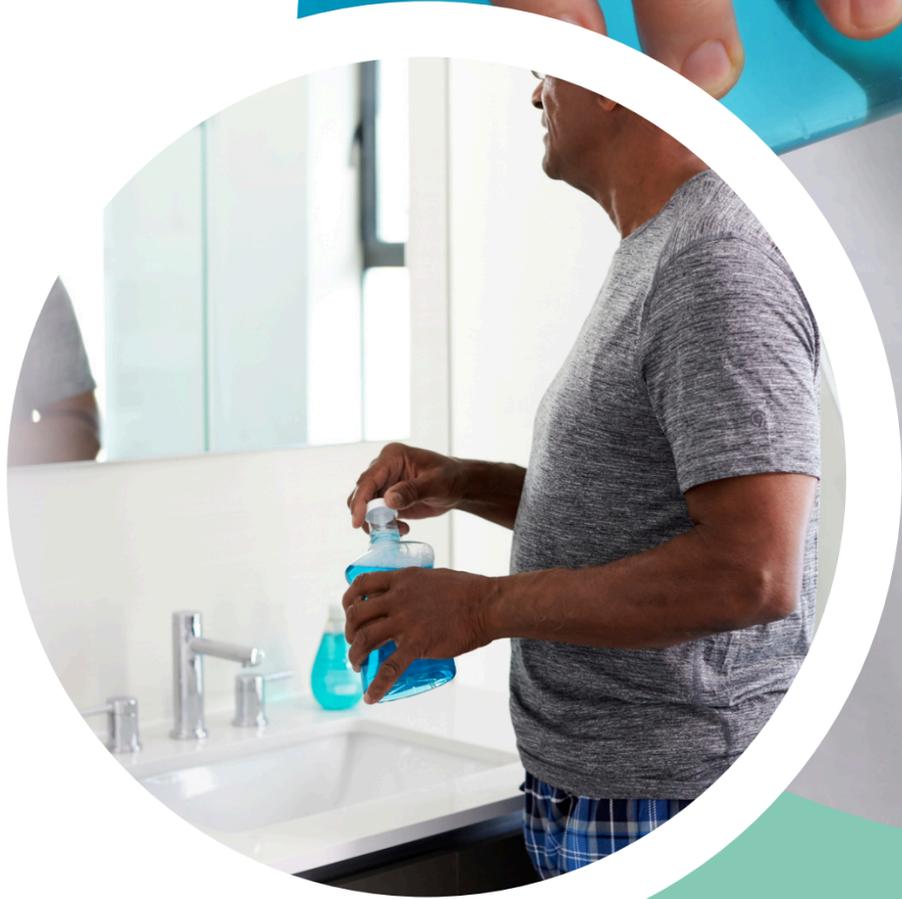
# Mistake #4 – Using Mouthwash Incorrectly

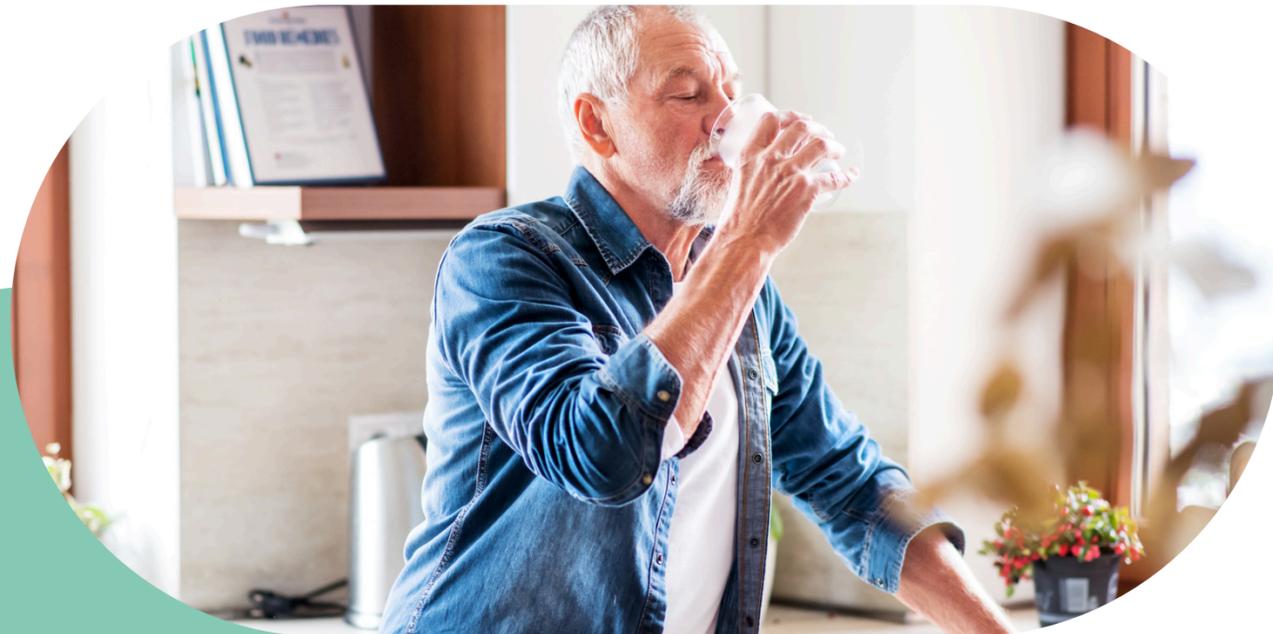
**Why it can backfire:**

Overusing mouthwash can disrupt your mouth's natural balance and harm beneficial bacteria.

**What to do instead:**

Use mouthwash only when needed and avoid harsh, alcohol-heavy formulas.





## Mistake #5 – Brushing at the Wrong Time

### **Why timing matters:**

Brushing too soon after eating—especially after acidic foods or drinks—can weaken enamel and increase sensitivity.

Acid temporarily softens the tooth surface, and brushing during that window can cause micro-damage over time.

### **What to do instead:**

Wait 30–60 minutes after acidic meals before brushing.

If you want to feel fresh right away, rinse with water (or chew sugar-free gum) and brush later.



# Mistake #6 – No Internal Support

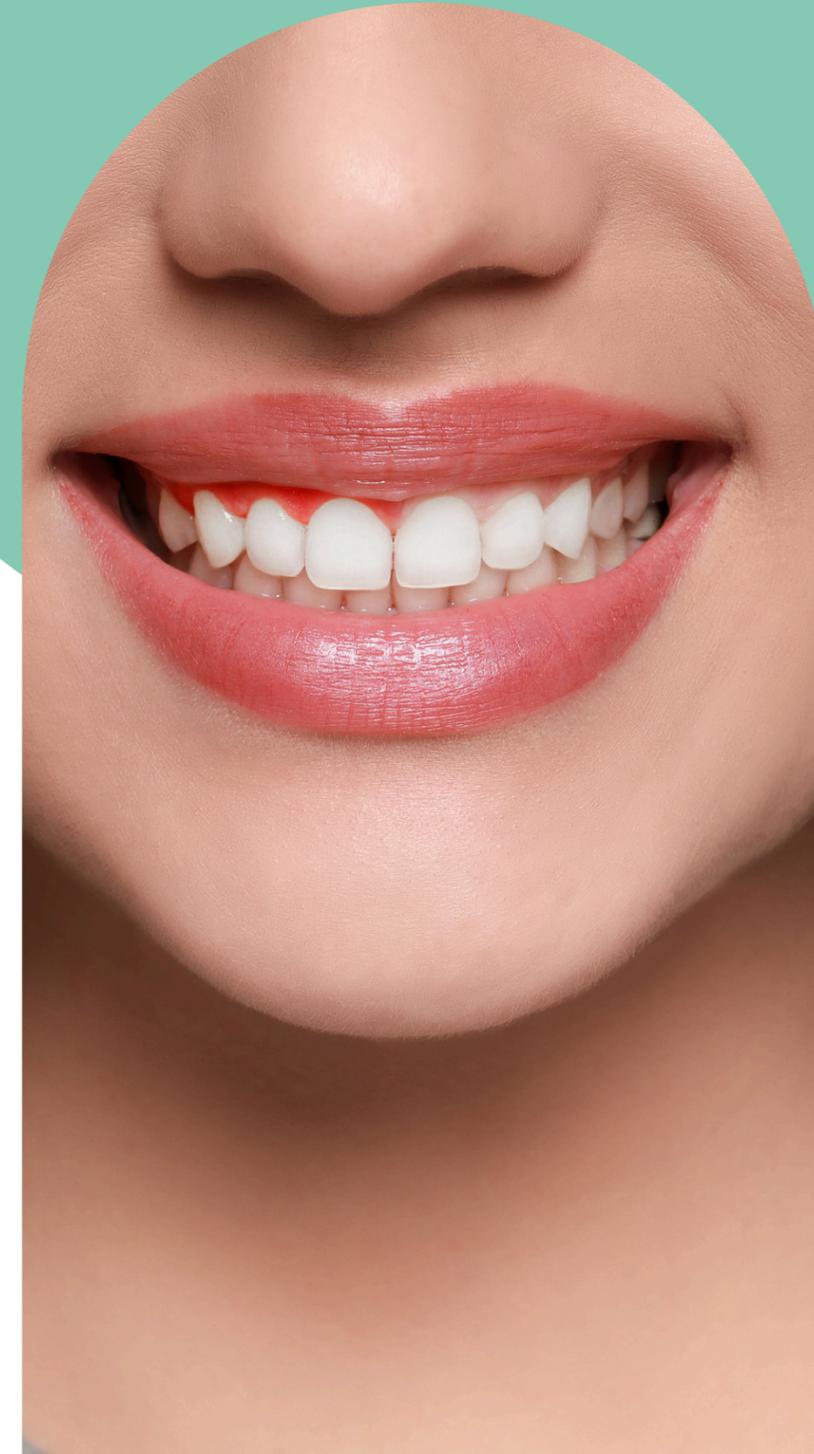
**Why brushing alone isn't enough:**

Oral health doesn't start and end with brushing.

Your gums and oral bacteria are influenced by nutrition, hydration, and internal balance.

**What to do instead:**

Support gum health from within—through proper nutrients, hydration, and habits that strengthen the oral environment, not just clean it.





## Mistake #7 – Treating Symptoms, Not the Cause

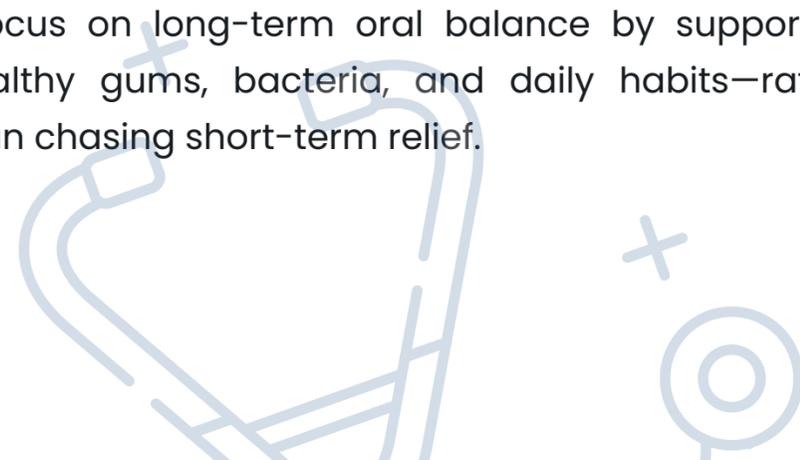
### **Why temporary fixes fail:**

Quick solutions like numbing gels, whitening strips, or constant rinsing may reduce discomfort—but they don't fix the underlying imbalance.

Gum issues often return because the root cause was never addressed.

### **What to do instead:**

Focus on long-term oral balance by supporting healthy gums, bacteria, and daily habits—rather than chasing short-term relief.





# THANK YOU

Small daily habits create long-term gum health

