**Oral Microbiome: A Comprehensive Review of its Impact on Oral and Systemic Health**

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**Practices for Daily Dental Care**

*Moderate Tea and Coffee Consumption:* Extrinsic tooth pigmentation can also be caused by tea and coffee, two popular drinks. The dark pigments that are present in them have the potential to progressively discolour enamel, resulting in obvious discoloration over time. These drinks, along with tobacco, red wines, and colas, are known to leave surface stains on teeth. Given that tea and coffee can discolour teeth, dentists highly encourage patients to limit their consumption of these beverages (1). In addition to reducing the chance of discoloration, rinsing with water after consumption can help maintain the teeth's natural brightness.

*Bedtime oral care routine:* Implementing a nighttime oral hygiene regimen is important for preserving dental health. To eliminate food particles and plaque accumulation, this regimen should include brushing with fluoride toothpaste, particularly before bed (2). Tooth decay can also be avoided by abstaining from sugar-filled meals and beverages right before bed (2). Maintaining this evening practice consistently lowers the chance of dental problems and improves oral hygiene.

*Twice-Daily Brushing:* Although some people think that brushing once a day is enough, most dentists advise brushing twice a day in order to improve plaque control and preserve dental health. Numerous research has demonstrated the usefulness of this approach, which is commonly adopted by patients. While there is conflicting research regarding the best time to brush—before or after meals—post-meal brushing may help prevent food impaction and lessen the effects of sugar on teeth (3).

*Gentle Brushing Techniques*: Brushing with a soft-bristled toothbrush for two to three minutes twice a day is considered gentle brushing. The Bass technique, which involves sweeping or circular strokes with minimal force, is an excellent way to eliminate plaque without harming teeth or gums. By avoiding gum irritation and enamel deterioration, these procedures encourage the best possible dental hygiene (4).

*Daily Flossing:* The American Academy of Periodontology suggests incorporating daily flossing into a regular oral care regimen to diminish the occurrence and intensity of gingival inflammation linked to periodontal ailments (5). Flossing at least once a day is essential for removing plaque and debris from between teeth and along the gumline, where toothbrushes cannot reach effectively.

*Water Picks as an Alternative:* By using a power-driven stream of water to remove plaque and debris from in between teeth and beneath the gum line, water picks offer a milder alternative to traditional flossing. Compared to ordinary floss and interdental brushes, it has greater results on dental plaque removal and gingivitis control because it can transport antimicrobial solutions into the sulcus and interproximal regions. In orthodontic patients, it has also demonstrated effectiveness in treating gingivitis and peri-implant mucositis. According to studies, using water flossers every day for up to three months is safe and does not raise the risk of bacteremia while receiving periodontal maintenance therapy (6).

*Tongue Cleaning:* By eliminating tongue coating, mechanical tongue cleaning—which includes techniques like tongue scraping—has been found to be an efficient way to lessen foul breath (7). Research indicates that using tongue scrapers instead of toothbrushes can effectively reduce bad breath, emphasizing the need of including tongue cleaning in oral hygiene practices (8).

*Safety of Sealants:* The use of pit and fissure sealants has been proven to be a safe and effective preventive measure in reducing and preventing dental caries, particularly on the occlusal surfaces of molars. Studies have demonstrated significant reductions in caries incidence among children treated with sealants compared to untreated control groups, highlighting the importance of incorporating sealants into preventive dental care practices (9).

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