

ALLURE DENTAL • AJAX, ONTARIO

7 EVERYDAY HABITS SILENTLY RUINING YOUR TEETH

An Ajax Dentist Reveals The Shocking Truth

● Watch till the end — habit #7 is the one most people miss

You Brush Twice A Day... So Why Are Your Teeth Still At Risk?

Brushing is only part of the story. Small daily habits — the ones that feel totally harmless — are quietly wearing down enamel, irritating gums and setting up bigger problems down the road.

In the next few minutes, you'll see all 7 — and exactly how to fix each one.

47%

of adults over 30 show signs
of gum disease

Most of it is preventable — once you know what to look for.

Source: CDC oral health surveillance data

01

HABIT 01

Brushing Too Hard

Aggressive brushing wears down enamel and pushes gums back, exposing sensitive roots over time.

QUICK FIX

Use a soft-bristle brush with light, circular strokes.

02

HABIT 02

Chewing Ice & Hard Foods

Ice, hard candy and popcorn kernels can crack enamel or fracture a tooth in a single bite.

QUICK FIX

Let ice melt in your drink — never bite down on it.

03

HABIT 03

Sipping Sugary Or Acidic Drinks All Day

Constant sipping keeps your mouth in "acid attack" mode far longer than one sugary meal would.

QUICK FIX

Drink with meals, then rinse your mouth with water.

04

HABIT 04

Skipping Night-Time Brushing

Saliva production drops while you sleep, giving leftover plaque hours to attack enamel undisturbed.

QUICK FIX

Never skip the bedtime brush — even when you're exhausted.

05

HABIT 05

Using Your Teeth As Tools

Opening packages or bottles with your teeth applies sudden, uneven pressure that can chip or crack them.

QUICK FIX

Keep scissors nearby — save your teeth for chewing only.

06

HABIT 06

Ignoring Bleeding Gums

Bleeding while brushing is an early warning sign of gum disease — not something to brush past.

QUICK FIX

Gums bleeding for more than a few days? Book a check-up.



07

HABIT 07

Skipping Regular Check-Ups

Many cavities and gum problems show no pain until they've become bigger, costlier problems.

QUICK FIX

A professional cleaning every 6 months catches issues early.

Quick Self-Check: Do Any Of These Sound Familiar?

- ☒ Gums bleed when you brush or floss
- ☒ Sudden sensitivity to hot or cold
- ☒ Bad breath that won't go away
- ☒ Visible dark spots or holes in teeth
- ☒ Jaw pain, clicking, or frequent headaches
- ☒ It's been over 6 months since your last check-up

If you checked even ONE box, it's time to see a dentist.

The Good News? All Of This Is Preventable.

Allure Dental offers complete care under one roof — for every stage of your smile.



Preventive Care

Cleanings, check-ups & gum therapy



Cosmetic Dentistry

Whitening, veneers & bonding



Invisalign

Certified clear aligner provider



Kids Dentistry

Gentle, child-friendly visits



Dental Implants

Durable, natural-looking solutions



Emergency Care

Fast relief when you need it most

WHY PATIENTS CHOOSE US

Why Choose Allure Dental?



Reader's Choice Award — **Best Dentist in Ajax & Pickering**, 13 of the Last 15 Years

40+

Years of Trusted
Experience

4.9★

Average Patient
Rating



Certified Invisalign
Provider

All Ages

Family-Friendly
Dental Care

- Experienced and caring dental professionals
- State-of-the-art equipment for precise treatment
- Customized care plans for every patient
- Direct billing to insurance & flexible payment plans

Ready For A Healthier, Brighter Smile?

Book your appointment with Allure Dental today — your trusted Ajax dentist.



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