



CHARLTON ROAD
DENTAL™

5 SURPRISING DENTAL MYTHS YOU PROBABLY STILL BELIEVE—AND WHY THEY'RE WRONG

At Charlton Road Dental, we believe in giving our patients clarity on myths that can impact oral health decisions. Here are seven widespread dental myths—cleared up with the real facts.



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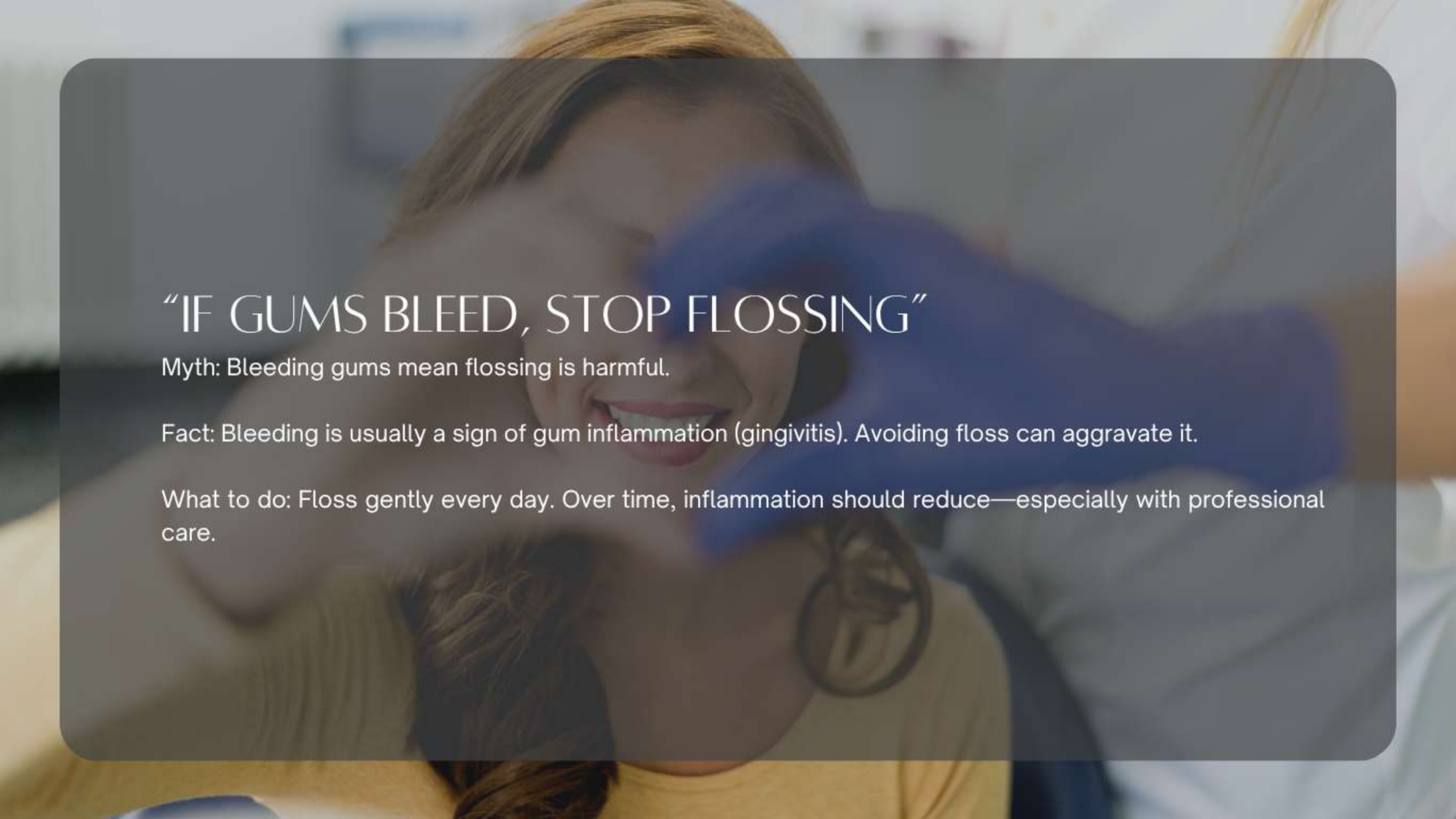


‘TEETH WHITENING DAMAGES YOUR TEETH’

Myth: Teeth whitening weakens enamel.

Fact: Professionally supervised whitening is considered safe. Most enamel changes are minimal and temporary. Problems often occur from DIY or harsh home treatments.

What to do: Always seek a professional for whitening treatments that deliver safe, predictable results.

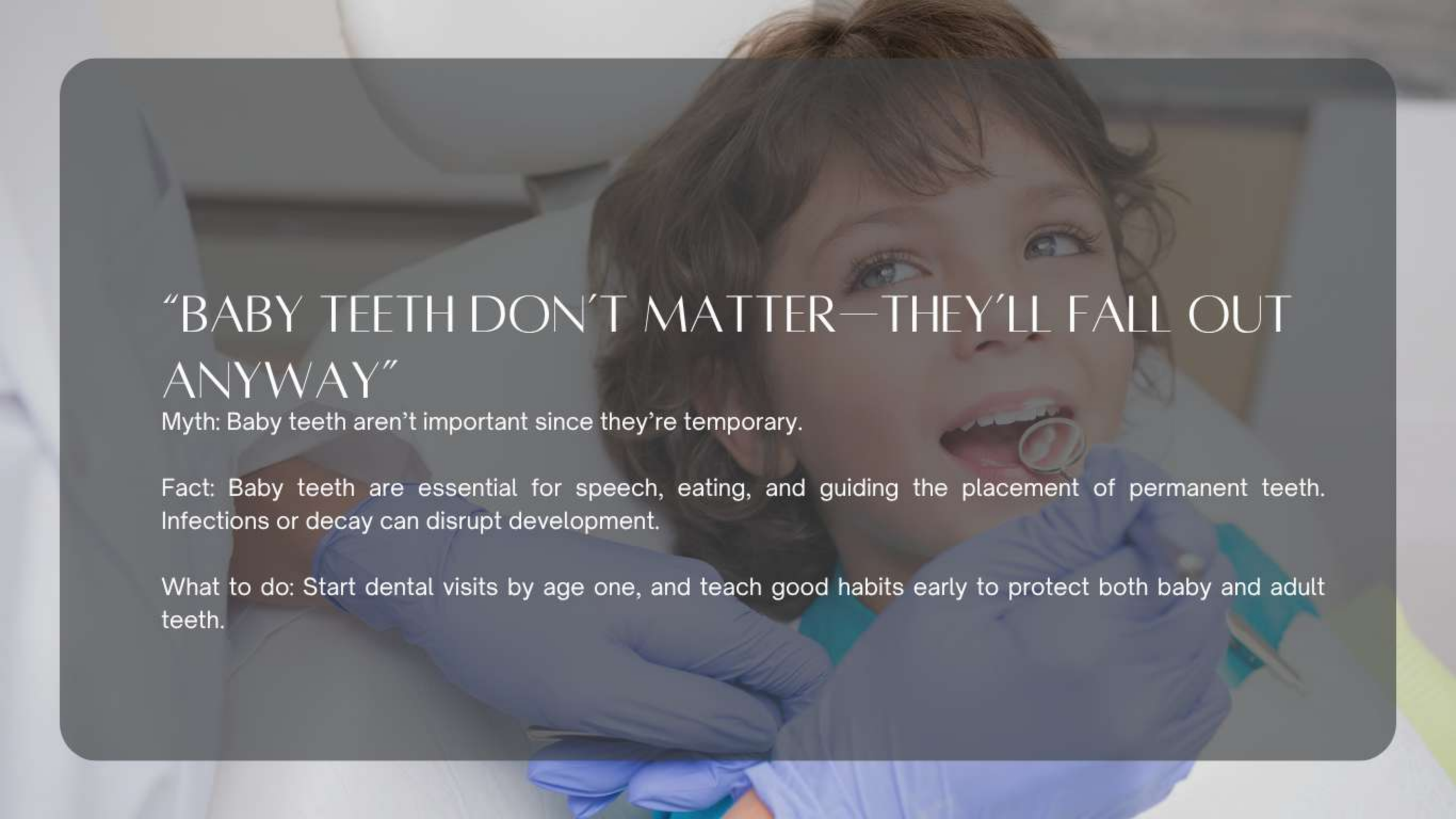
A woman with long brown hair is smiling while a dental professional, wearing blue gloves, examines her teeth. The scene is set in a dental office with various equipment visible in the background.

“IF GUMS BLEED, STOP FLOSSING”

Myth: Bleeding gums mean flossing is harmful.

Fact: Bleeding is usually a sign of gum inflammation (gingivitis). Avoiding floss can aggravate it.

What to do: Floss gently every day. Over time, inflammation should reduce—especially with professional care.

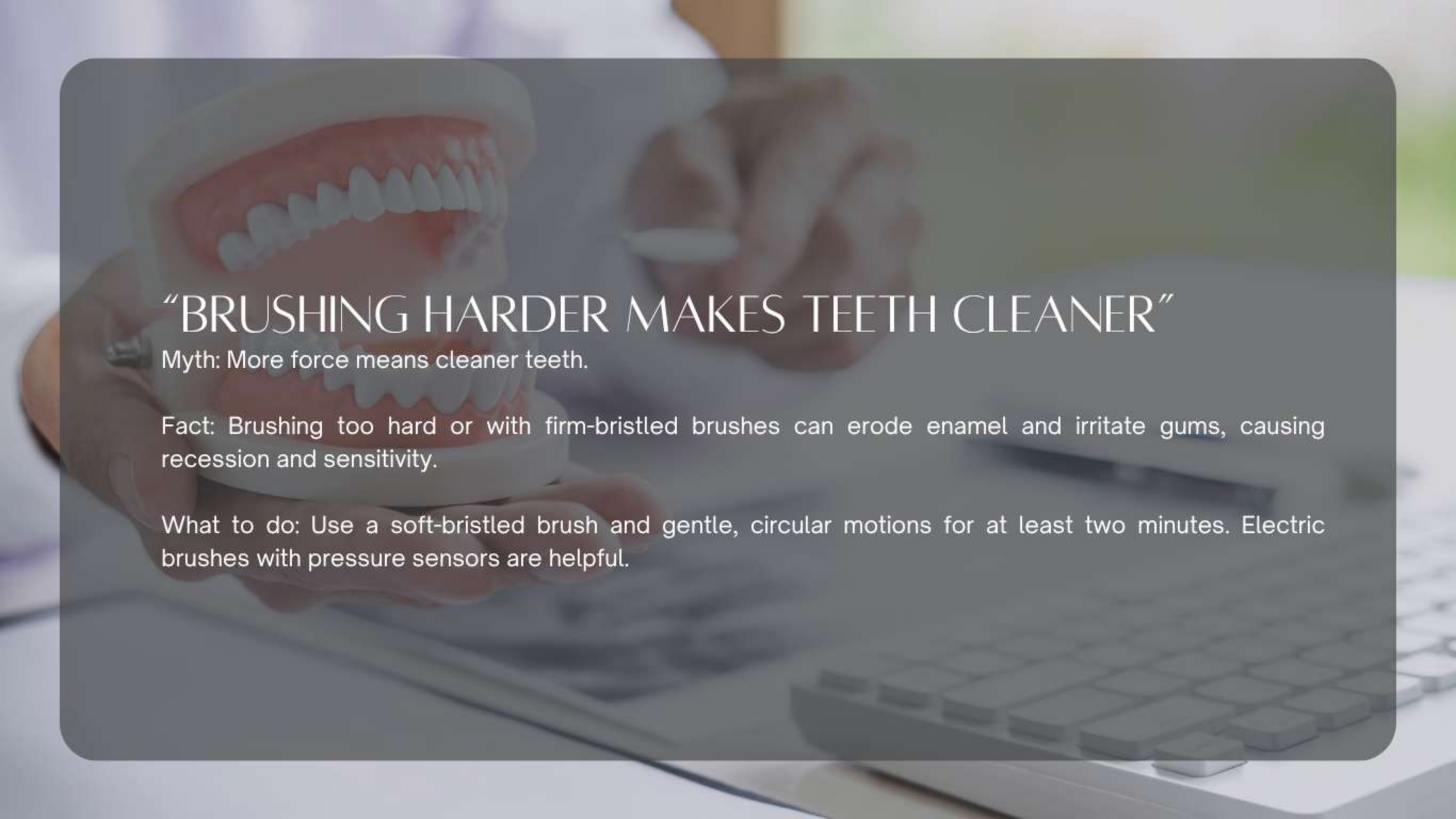


“BABY TEETH DON’T MATTER—THEY’LL FALL OUT ANYWAY”

Myth: Baby teeth aren’t important since they’re temporary.

Fact: Baby teeth are essential for speech, eating, and guiding the placement of permanent teeth. Infections or decay can disrupt development.

What to do: Start dental visits by age one, and teach good habits early to protect both baby and adult teeth.



“BRUSHING HARDER MAKES TEETH CLEANER”

Myth: More force means cleaner teeth.

Fact: Brushing too hard or with firm-bristled brushes can erode enamel and irritate gums, causing recession and sensitivity.

What to do: Use a soft-bristled brush and gentle, circular motions for at least two minutes. Electric brushes with pressure sensors are helpful.

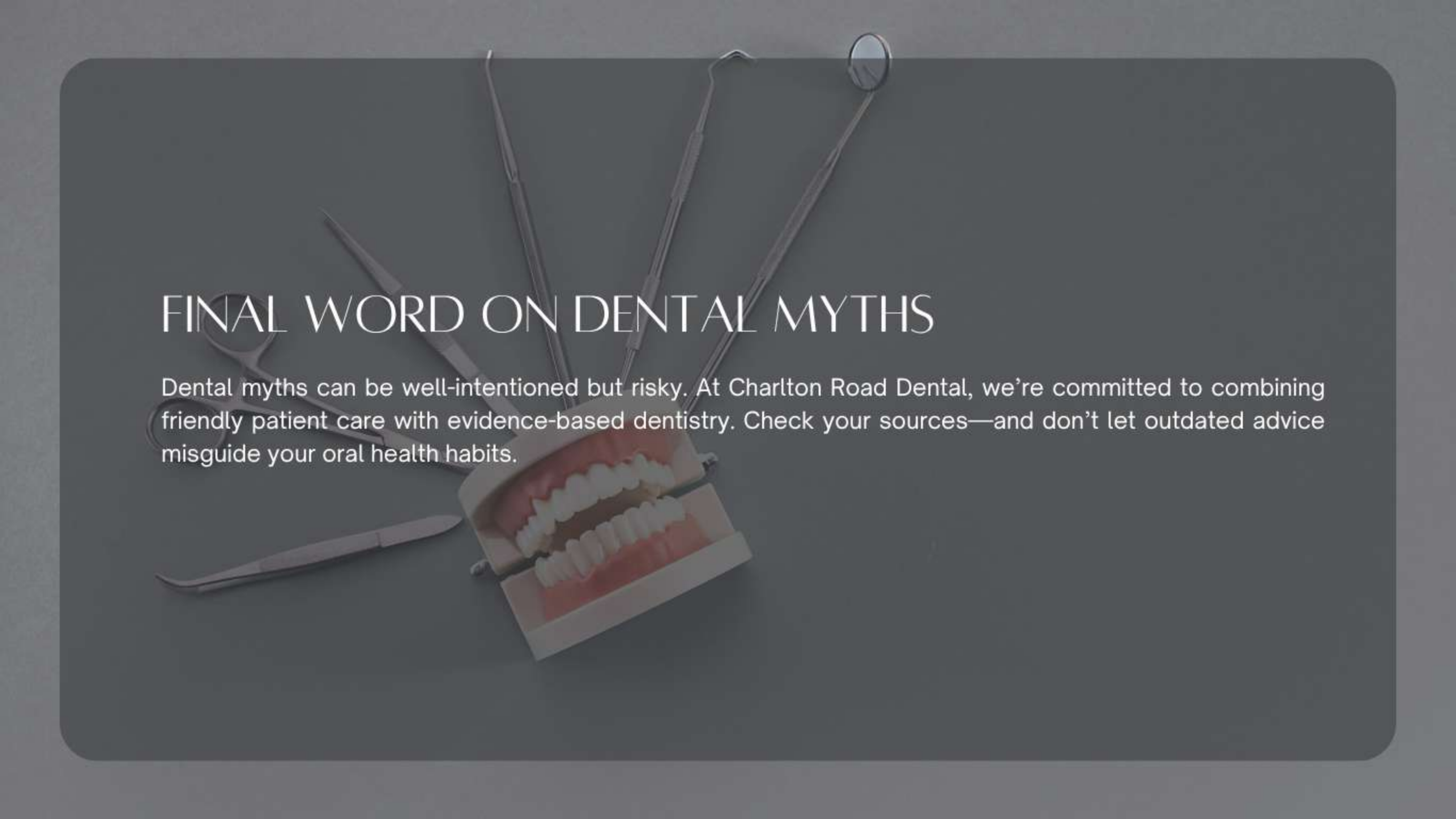
A collection of dental instruments, including a pair of extraction forceps, a pair of pliers, a dental mirror, and a model of a human jaw with teeth, are arranged on a dark surface. The instruments are positioned around the text, with the jaw model at the bottom center.

“ONLY SUGAR CAUSES CAVITIES”

Myth: Cavities come only from eating sweets.

Fact: Sugary snacks contribute to decay, but it's actually the acid produced by bacteria feeding on all carbohydrates—such as bread, pasta, cereal, and even fruit—that erodes enamel and leads to cavities.

What to do: Brush and floss twice daily, limit snacking, and rinse with water after meals to reduce acid exposure.

A collection of dental instruments, including a pair of extraction forceps, a pair of pliers, a dental mirror, and a model of human teeth, are arranged on a dark, textured surface. The instruments are metallic and have various shapes and sizes. The model of teeth is a realistic representation of a human mouth, showing the upper and lower arches with white teeth and pink gums. The background is a dark, solid color with a subtle texture.

FINAL WORD ON DENTAL MYTHS

Dental myths can be well-intentioned but risky. At Charlton Road Dental, we're committed to combining friendly patient care with evidence-based dentistry. Check your sources—and don't let outdated advice misguide your oral health habits.



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