Dental Health Tips for Seniors

Richard Petrilli, DMD, PA

Having received much recognition for excellence in patient satisfaction, Richard Petrilli, DMD, PA, operates his own dentistry clinic in Orlando. Richard Petrilli, DMD, PA, offers his patients a unique and comfortable experience and provides high-quality dental services.

As individuals age, so, too, do their teeth and gums. While dental health in people who are older depends largely on how well they have treated their mouth throughout their life, seniors can also take steps now to gain the healthiest smile possible. The following list represents some great suggestions for improved dental health.

1. [Brush and floss](http://www.webmd.com/oral-health/effective-tooth-brushing-and-flossing) regularly. If this is difficult, explore using specially-shaped toothbrushes or pre-loaded flossers to get to hard-to-reach areas.

2. Keep an eye open for signs such as gum sensitivity/bleeding, mouth sores,dark spots on the teeth, and bad smells or tastes that may indicate a dental or gum issue.

3. Visit your dentist for regular checkups every six months, as well as before and after surgery.