

Dental Treatment:

Clean using Baking soda— A mixture of baking soda and salt is an effective home remedy for dental calculus removal. Brushing your teeth with baking soda and salt softens the calculus, making it easy to remove. The mixture should smoothly be scrubbed on the teeth by using a toothbrush.

It is recommended to occasionally brush your teeth with baking soda for a deeper clean. “You just sprinkle it on your toothbrush with some water and scrub your teeth,” “It does help to give you that squeaky-clean feeling.” Because baking soda is abrasive, you don't want to do this more than once a week.Apr 29, 2020

Start by mixing Apple Cider Vinegar in a glass of warm saltwater. This solution can then be gargled once a day to aide in the removal of tartar that has formed on the region between the teeth and gums. The mixture should be made from two tablespoons of ACV into a cup of warm water with dissolved salt.↓

Using hydrogen peroxide in caring for teeth and gums eliminates harmful bacteria. This cuts down the formation of plaque and tartar. This powerful antiseptic can deteriorate the bacteria in plaque. Some dentists use hydrogen peroxide as a more efficient way to remove the plaque and tartar from teeth.

Use Pro-Dentim 2x2 for first week, then 2 in am, 1 in am, 1 every other day, every third day, - til 1 per week