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# The Best Oral Health Tips From Dentists You'll Want to Adopt in 2022



Like many aspects of life, the pandemic's taken a toll on our oral health. Since its start, there's been an uptick in stress-related conditions (think: teeth grinding and jaw pain) being reported by dentists, according to a survey conducted by the American Dental Association.

## 2. Start scraping your tongue

"Your tongue should be taken care of just like showering your body or shampooing your hair," New York City-based dentist Alex Rubinov, DDS, previously told Well+Good. For best results: "I recommend scraping your tongue while you still have toothpaste on it to give you the antimicrobial effect, and to leave you with the freshest breath possible," he added. And we like this \$8 one because it's affordable and effective.