

Dr. Carey Bonham of Bonham Dental Arts - Seminole Highlights the Importance of Tongue Cleaning in Children's Oral Care

Dr. Carey Bonham of Bonham Dental Arts highlights the critical role of tongue cleaning in children's oral hygiene, advocating for its inclusion in daily routines to enhance preventive care and promote overall dental health.



emphasizes that tongue cleaning is crucial for children's oral hygiene. While brushing and flossing are widely recognized, many overlook the tongue's role in maintaining a healthy mouth. Dr. Bonham shares insights on how incorporating tongue cleaning into daily routines can reduce bad breath and prevent cavities, significantly benefiting [preventive dentistry](#) practices.

Dr. Bonham, an experienced pediatric dentist specializing in [kids dentistry](#), explains that a significant amount of bacteria can accumulate on the tongue's surface. "Parents often focus solely on brushing and flossing," says Dr. Bonham. "However, without proper tongue cleaning, children may still be at risk for oral health issues." Dr. Bonham recommends using a gentle tongue scraper or the bristles of a toothbrush to clean the tongue, ensuring a comprehensive oral care routine for kids.

Bonham Dental Arts, located at 8300 113th St, Seminole, FL, is committed to educating families about comprehensive dental health. Their dedicated team offers a range of services tailored for children's unique needs, including preventive dentistry and restorative dentistry. "Our goal is to provide holistic care and foster lifelong healthy habits," Dr. Bonham adds.

For more information or to schedule an appointment, visit [Bonham Dental Arts](#) or call 727-398-7473.

About Bonham Dental Arts - Seminole: Bonham Dental Arts is a premier dental practice in Seminole, FL, specializing in pediatric and family dentistry. Led by Dr. Carey Bonham, the practice focuses on delivering personalized care in a welcoming environment, with services spanning preventive dentistry, kids dentistry, and restorative dentistry.

Ready To Schedule Your Child's Dental Appointment?

Bonham Dental Arts - Seminole

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