

Greenfield Dentist Dr. Cigno at Cigno Family Dental Explains 12 Ways to Boost Your Smile's Health

Discover practical, dentist-approved tips that go beyond brushing and flossing—from nutrition and hydration to smart dental habits—to help you maintain a radiant, lasting smile.



Greenfield, Wisconsin Jul 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - In a proactive effort to improve oral health awareness in the Greater Milwaukee area, [Dr. Antonio Cigno, DMD](#), founder of Cigno Family Dental, has released **12 expert tips for a healthier smile**. Drawing from over 25 years of clinical experience, these practical guidelines are now available to help patients of all ages make simple, effective improvements to their daily dental routine.

"Oral health isn't just about avoiding cavities—it's about prevention, awareness, and consistency," says Dr. Cigno. "These tips are designed to be realistic, easy to follow, and truly beneficial to long-term dental health."

The tips cover key areas such as brushing and flossing habits, nutrition, hydration, smoking cessation, dental checkups, and lifestyle choices. Highlights include:

- Brush twice a day with a soft-bristled toothbrush and fluoride toothpaste
- Floss daily to prevent plaque buildup and gum inflammation

- Visit your dentist regularly—even if nothing hurts
- Avoid excessive sugar and acidic drinks
- Stay hydrated and eat smile-friendly foods like crunchy vegetables
- Don't delay minor dental concerns; they can worsen over time

The [full list of all 12 tips](#) can be found on Cigno Family Dental's website.

These expert recommendations reflect Cigno Family Dental's long-standing commitment to patient-centered, preventive care. Known for offering services like [same-day dental crowns](#), FASTBRACES®, laser treatments, and emergency dentistry, the practice combines modern technology with a compassionate approach that treats the whole person—not just the smile.

About Dr. Antonio Cigno, DMD

A trusted name in Greenfield, WI, Dr. Cigno earned his DMD from Washington University School of Dental Medicine. He has completed over 600 hours of advanced training across multiple specialties, including dental implants, orthodontics, sedation, and laser dentistry. He is also Wisconsin's first Premier Provider of FASTBRACES®.

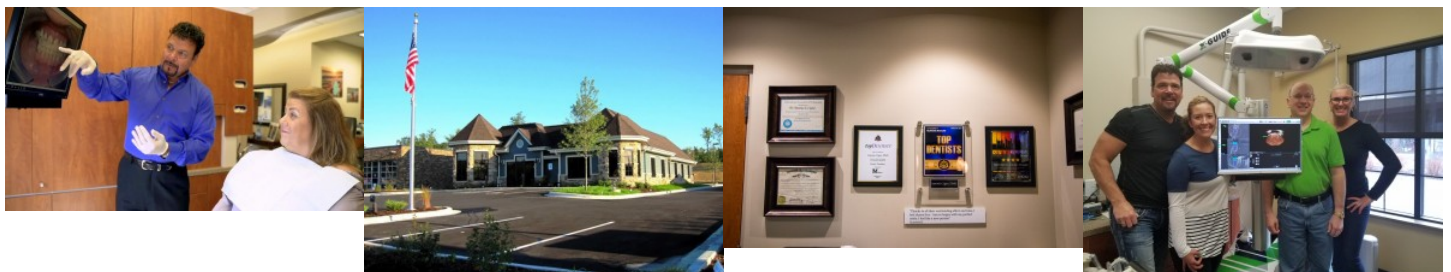
About Cigno Family Dental

[Located in Greenfield, Wisconsin](#), Cigno Family Dental offers a full range of dental services for families and individuals, from routine cleanings and cosmetic makeovers to advanced restorative solutions. The team is committed to combining technology, comfort, and education to help every patient achieve their best smile.

Location: 7940 W Layton Ave, Greenfield, WI 53220

Phone: (414) 282-6020

Website: www.cignodental.com



Media Contact

Cigno Family Dental

*****@gmail.com

(414) 988-6433

7940 W. Layton Ave

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