

Luftman Plastic Surgery

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About Us

Are you interested in learning more about dental care? Perhaps there is some procedure you're thinking about getting? No matter what it is, the following article is for anyone looking for great tips on how to practice good dental care. Keep reading and get educated on good dental care habits.

Flossing is just as important as brushing your teeth. If you do not floss after every meal, bacteria will build up between your teeth and damage them. Take a few minutes to floss after you eat, and you will notice a difference. Your teeth will look whiter after a few months of flossing on a regular basis.

Brushing is only effective when you do it the right way. Your toothbrush should be held an angle. In addition, you should use quick back-and-forth motions to clean your teeth. Make sure that you don't brush too intensely, because you could harm your gums. Finally, don't forget to brush your tongue, either.

Our Services:-

Plastic Surgeon Lexington, KY

Plastic Surgeon Lexington

Plastic Surgeon Lexington Kentucky

Plastic Surgeon Kentucky

Kentucky Plastic Surgeon

Kentucky Plastic Surgery

Socials:-





Click on a camera to see photo documentation or click procedure title to learn more.

[Abdominoplasty \(Tummy Tuck\)](#)

[Blepharoplasty \(Eyelids\)](#)

[Botox Injections](#)

[Breast Augmentation](#)

[Breast Lift](#)

[Browlift](#)

[Facelift](#)

[Laser Skin Resurfacing](#)

[Lip Enhancement](#)

[Liposuction](#)

[Otoplasty \(Ears\)](#)

[Rhinoplasty \(Nose Surgery\)](#)

