



## How To Get Kourtney Kardashian's Smile, According To Her Dentist

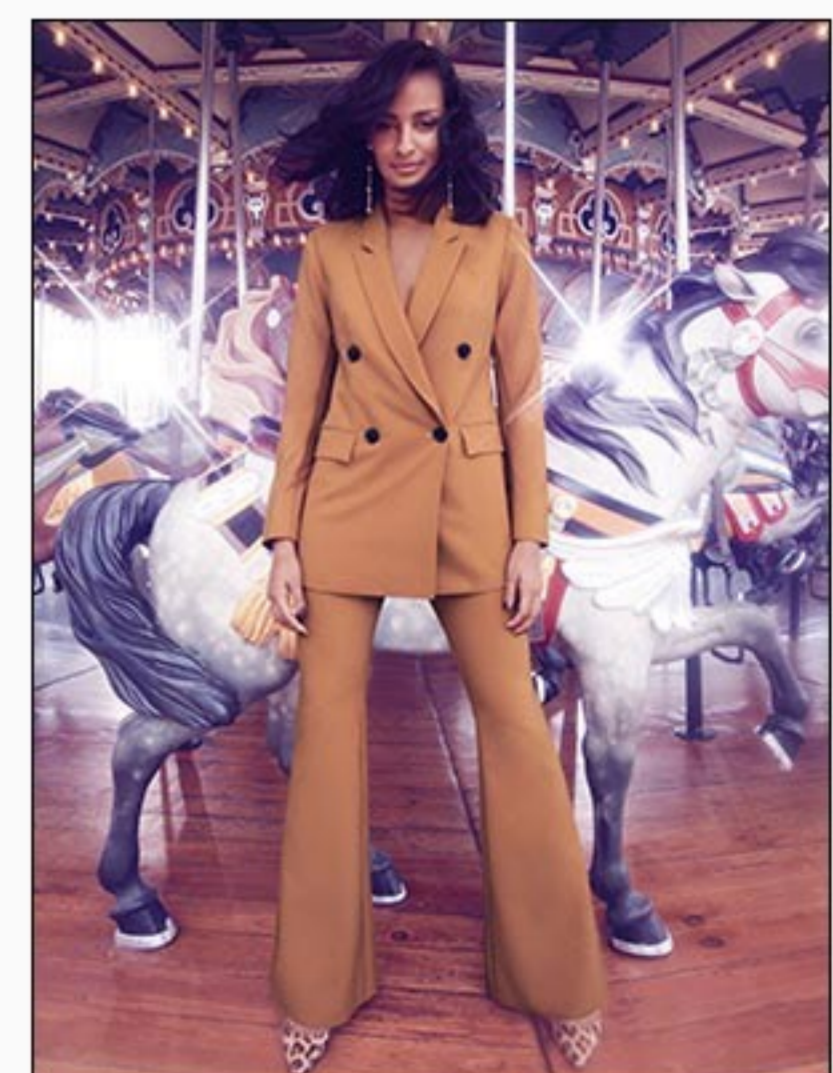
By Ashley Tibbits | 6 days ago

October 5 is officially World Smile Day, and although smiling should be celebrated year round, it's probably a good time to focus on how you can make yours as happy and healthy as possible. And who better to weigh in on the topic than the man responsible for [Kourtney Kardashian's perfect pearly whites](#)? (It's not just great lighting — her teeth are *good*.)

In fact, some of your favorite famous smiles can be attributed to [Dr. Kevin Sands](#), who's polished and perfected the teeth of the whole Kardashian/Jenner crew, Justin Bieber, Jennifer Lewis, and even a few Victoria's Secret angels. It's safe to say he's got a pretty good sense of how to best get your teeth sparkling like the stars (both literal and figurative).

Getting a Kardashian-esque smile is actually simpler than you think. There are just a few things to be mindful of, says Dr. Sands. "The biggest tip I can give someone looking to maintain a healthy smile at home is nightly flossing and regular cleanings with your dentist," he explains. "Honestly, preventing stains from building up in the first place is the best way to maintain a bright smile." A check-up every six months is ideal, but in between visits you can care for your teeth at home with one worthy (and slightly obvious) investment piece. As the famed dentist explains, "A good electric toothbrush is the best investment a patient can make for at-home care."

In addition to the handy tool, there are a few new brands making at-home dental care easier than ever. Ahead, learn a little about three innovative companies to try out, as well as the products that can help you feel better about your smile — in addition to regularly checking in with your own dentist, of course.



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