DELTA DENTAL®

Choose the right tools

The right toothbrush and toothpaste can help improve your oral health.



Toothbrush: What to consider

- **Bristle shape:** Rounded soft bristles are less likely to irritate or damage gums and enamel.
- **Head:** To ensure comfortable brushing, choose the size and shape that best fits your mouth and that can reach all tooth surfaces, including back teeth. But remember to floss or use another interdental cleaner every day.
- **Bristle surface:** Multilevel bristles combine concave and convex surfaces to clean around and between your teeth.
- **Firmness:** Always choose soft bristles, unless otherwise instructed by your dentist.
- **Handle:** Choose whichever shape is easiest for you to grip comfortably. Larger or non-slip handles may be helpful for children or people with limited hand strength.

Toothpaste: Types

Ask your dentist which toothpaste is best for your specific needs if you have sensitivity, gum issues or frequent cavities. And remember set up regular visits with your dentist.

- **Anti-cavity:** Helps prevent cavities by strengthening tooth enamel with fluoride.
- **Desensitizing:** Can help relieve sensitivity to hot, cold or sweet foods when used as directed.
- **Anti-gingivitis:** Helps reduce plaque and gingivitis to promote healthy gums when used twice a day.
- **Whitening:** May cause discomfort for sensitive mouths
- **Tartar control:** Helps prevent tartar (hardened plaque) from building up on teeth between dental visits.

Helpful tips

- Brush for two minutes, twice a day.
- Always look for fluoride and an American Dental Association (ADA) Seal of Acceptance to help strengthen enamel and prevent tooth decay.
- Replace your toothbrush or brush head every 3–4 months, or sooner if the bristles become frayed.

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