Make the Right Choice

How to choose a toothbrush and toothpaste

Think all toothbrushes and toothpastes are the same? Think again! The right combination can be a one-two punch of preventive care to protect your smile.



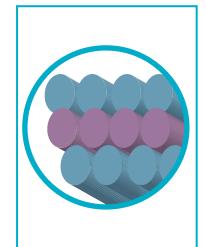
Toothbrush: What to consider



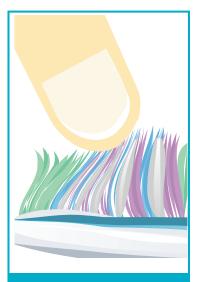
BRISTLE SHAPE: Rounded ends are less likely to damage your gums.



HEAD: To ensure comfortable brushing, choose the size and shape that best fit your mouth.



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.

Toothpaste: Types

ANTI-CAVITY Strengthens teeth with fluoride

DESENSITIZING Can relieve tooth sensitivity

ANTI-GINGIVITIS Promotes healthy gums

WHITENING May cause discomfort for sensitive mouths

TARTAR CONTROL Breaks down heavy plaque buildup

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TIP: Always look for fluoride and an American Dental Association (ADA) seal of approval.



