

Choosing the Right Toothbrush and Toothpaste



Are you baffled by the dozens of toothbrush and toothpaste brands on the shelves of your local discount or grocery store? Here are some basic tips to help you make a decision:

- Choose a toothpaste containing fluoride. Fluoride helps prevent decay by minimizing decay-producing acid in the mouth.
- Choose a toothbrush with soft, rounded tipped, nylon bristles. Stiff or sharp bristles can injure your gums and wear down tooth enamel.
- Choose a size and shape that is comfortable and lets you reach the surface of every tooth. A small, compact head works best.
- Replace your toothbrush when the bristles bend or look worn — about every two to three months. Children's brushes may have to be replaced more often.
- When shopping for dental products, look for the American Dental Association (ADA) seal. The seal tells you the product has been professionally tested for safety and effectiveness.

For more oral health information, please visit our Web site at www.decare.com

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