

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.

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

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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