

PROTECT YOUR ORAL HEALTH AT HOME

HELPFUL TIPS FOR YOU AND YOUR FAMILY

Current circumstances require us to stay inside, avoiding dental appointments that aren't emergencies. Since we cannot attend our routine visits, it is even more critical for us to have strong oral care habits at home in order to maintain good oral health.

CLEANING YOUR TEETH AND PRACTICING GOOD ORAL HYGIENE EVERY DAY IS CRUCIAL

Chronically unhealthy gums can lead to gum bleeding and tooth loss, as well as increase your risk for potentially painful dental procedures. Plus, oral health issues have been associated with a variety of other health issues, such as premature birth, diabetes and cardiovascular and respiratory diseases.

The good news is, you can maintain healthy gums by following a correct and regular teeth cleaning routine as recommended by your dental professional, from the comfort of your own home.

First and foremost, you should make sure to always **brush your teeth twice a day for two minutes**, brushing all areas of your mouth. You should also brush interdentally and use floss every day. This helps keep your teeth clean and your gums healthy, as it removes bacteria and food particles. In addition, brushing your tongue gently can help remove bacteria that can be the cause of unpleasant odors.

Studies have shown that **oscillating-rotating electric toothbrushes are more effective than manual ones**, both in reducing plaque and by helping you access hard-to-reach areas of the mouth. Upgrading from a manual to an electric toothbrush is therefore highly recommended.

The right brush is important, but so is the right toothpaste. While there is a wide variety of toothpaste available for an equally wide variety of consumer needs, using toothpaste with stannous fluoride is a safe bet in most cases.

In turn, combining an oscillating-rotating electric toothbrush with a stannous fluoride toothpaste means bacterial growth and bad breath barely stand a chance!

When using an oscillating-rotating electric toothbrush, **make sure to change your brush head frequently** - at least every 90 days, or sooner, if bristles start to look frayed. The toothbrush will not be as effective if it is worn out.

Last but certainly not least, **stick to a balanced, dental-friendly diet.** Nutrition plays an important role in the health and cleanliness of your teeth, gums and mouth. Avoid eating between meals and limit sugary foods like sweets, cakes and fizzy drinks. This can be tough for children and adolescents, but parents can make it easier simply by being a role model.

Parents should make sure their kids also brush twice daily and follow a healthy diet. In addition, **it is important for children to have fun brushing their teeth** instead of seeing it as a tedious chore. Something as simple as playing kid's favorite music in the bathroom can do the trick.

Whether for you or your family, taking care of your teeth at home is a walk in the park if you do it right. For more information, visit www.oral-b.com.

