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

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

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