

5 oral health tips that go beyond brushing and flossing.

1 Choose H₂O.

Sipping soft drinks increases the rate of harmful acid attacks on tooth enamel.

2 Know the effects.

Certain medications can impact your oral health.

3 Eat well.

A dental-healthy diet can help reduce tooth decay.

4 Out with the old.

Replace your toothbrush after every illness to avoid bacteria and germs.

5 Brushing for two?

Good oral health habits not only help prevent oral problems during pregnancy, they also help the oral health of your baby.

Good oral health goes beyond the basics.
Learn more. Talk to your dental professional.

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1 Drink tap.

If bottled water is your main source of drinking water, you could be missing the decay-preventing benefits of fluoride.

2 Don't curb carbs.

Low-carb diets can cause bad breath.

3 Ace arthritis.

If you have arthritis, make brushing easier by inserting the end of your toothbrush into a tennis ball.

4 Give a massage.

Take care of your child's oral health from birth. For starters, clean your baby's gums with a washcloth.

5 Put it out.

Smokers can have gum disease even without any signs of bleeding.

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