BRUSH TWICE A DAY TO KEEP DECAY AWAY

Do your teeth ever feel rough or 'furry'?
This is plaque – a soft, sticky coating
containing bacteria.

Regular brushing with fluoride toothpaste removes plaque and helps protect your teeth from tooth decay and gum disease. Your breath will smell good too!

FACT

WHAT IS TOOTH DECAY?

Over time, acid produced by the bacteria in plaque damages the tooth surface. This can result in holes in teeth.

GUM DISEASE - ISN'T THAT SOMETHING OLD PEOPLE GET?

Gum disease is when the gums that hold the teeth in place are damaged by plaque and bacteria. Eventually teeth can loosen and fall out. It can start at any age.

IT'S EASY TO PREVENT TOOTH DECAY AND GUM DISEASE:

> Brush teeth and along the gum line **twice a day** with a **soft brush** and **fluoride toothpaste**.
> Brush **every surface** thoroughly.
> **Spit** when you're done but **don't rinse** with water.
> **Floss** as recommended by your oral health professional.

EVERYBODY HEARTS A FRESH MOUTH

Fight the furry feeling! Get into the brushing habit and keep your mouth looking, feeling and smelling healthy and fresh!