

TIPS AND TRICKS SERIES

# Toothpaste Tips

The toothpaste you choose—and how you use it—can help protect your teeth from cavities.

## Why it matters:

Fluoride toothpaste strengthens tooth enamel and helps prevent cavities.

## What to do:

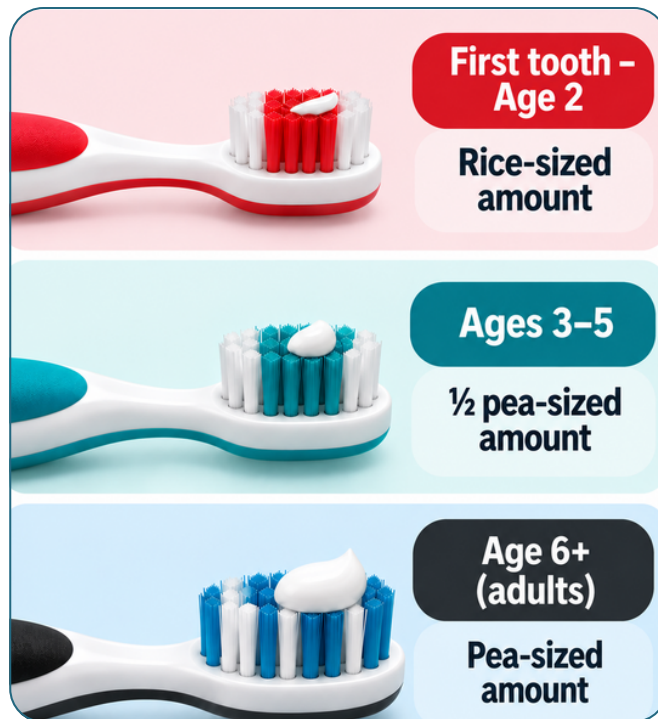
- Use fluoride toothpaste.
- Brush twice a day for two minutes, especially before bed.
- Use the right amount. See the guide.
- Help young children brush and teach them to spit.
- Spit, but don't rinse after brushing so the fluoride can keep working.

## Toothpaste bothering you?

- Don't like the foam? Look for an SLS-free toothpaste. Check the ingredients for sodium lauryl sulfate (SLS).
- Don't like the taste? Try a different flavor.
- Sensitive to hot or cold? Try a toothpaste made for sensitive teeth.

## Ask a dental professional if...

You have frequent cavities, sensitive teeth, or dry mouth. You may need a different type or prescription fluoride toothpaste.



## Quick Facts

- More toothpaste isn't better. Use just the right amount.
- Spit, don't rinse. Give fluoride more time to protect your teeth.

**At bedtime, make the toothbrush and fluoride toothpaste the last things to touch your teeth.**