



Dental Do's and Don'ts for Everyone

Don't go overboard with whitening treatments. They may make your teeth and gums more sensitive.

Do use a brush with soft bristles, and brush gently to avoid damaging enamel and gums.

Don't store your wet toothbrush in a closed case — it can lead to bacteria growth.

Do go easy on the sugary foods and drinks — they may increase your risk of getting cavities.

Most importantly... Don't skip your dental visits. See your dentist for regular cleanings.

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