

HOME CARE PLAN

TOOTHPASTE

Brush teeth thoroughly with a soft bristle brush twice a day for 2 minutes.

parodontax Active Gum Repair Breath Freshener

Other: _____

MOUTHWASH

Vigorously swish 20 milliliters of the rinse between your teeth twice a day for 30 seconds and then spit out.

parodontax Active Gum Health Daily Mouthwash

Other: _____

TOOTHBRUSH

Use a soft bristle brush to clean along the gumline. Replace your toothbrush every 3 months.

parodontax Complete Protection

Other: _____

DON'T FORGET TO FLOSS!

Clean between teeth with floss or another interdental cleaner once a day. Always follow the directions given by your dental professional.

NEXT SCHEDULED APPOINTMENT

Date: _____

SPECIAL INSTRUCTIONS

Problem areas to concentrate on:

Care for braces:



GET STARTED ON THE PATH TO HEALTHIER GUMS



parodontax Active Gum Repair Breath Freshener Toothpaste

Clinically proven to reduce bad breath and bleeding gums.*



parodontax Active Gum Health Daily Mouthwash

Targets bacteria where brushing alone can't reach. Helps reduce the early signs of gum disease.



parodontax Complete Protection Toothbrush

Tough on plaque, gentle on gums.

DID YOU KNOW:

- Gum disease is the most common cause of tooth loss for adults¹
- If left untreated, gum disease can lead to conditions such as diabetes and heart disease^{2,3}
- Bleeding gums and bad breath can be signs of gum disease⁴
- There is some evidence that suggests gum disease found during pregnancy can be associated with preterm birth, low birth weight, and preeclampsia^{5,6}

The good news is that gum disease is reversible with the right care plan!

*with twice-daily brushing

References: 1. U.S. Department of Health and Human Services. (n.d.). Periodontal (gum) disease. National Institute of Dental and Craniofacial Research. <https://www.nidcr.nih.gov/research/data-statistics/periodontal-disease>
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