

Stay Confident with Healthy Oral Hygiene

A bright smile gives you confidence in conversations, in crowds, and every time you laugh.

But unhealthy teeth can cause pain, gum problems, and even bad breath.

That's why it's so important, especially for youth, to take care of oral health.

Brush your teeth at least twice a day-ideally after meals.



Use a toothbrush with soft or medium bristles.

Use a toothpaste containing 1000–1500 ppm fluoride.



Use dental floss daily after brushing your teeth.

Do not consume snacks in between main meals

