Gums matter
Commit to a healthier you
Your dentist or hygienist has identified that you have areas of **bleeding** and **inflammation**, which are signs of **early gum disease**.

**TRUE OR FALSE**

"Bleeding gums are always caused by **brushing too hard**"

False: When brushed properly, healthy gums shouldn’t bleed.

"Gums **always** recede with age"

False: It can be a sign of gum damage or bone loss.

"Healthy gums shouldn’t **bleed**"

True: Bleeding gums can be a sign of early gingivitis.
HEALTHY GUMS

THE POWER IS IN YOUR HANDS

Get your gum health back on track with just a few daily steps

Two for two

Brush twice a day for two minutes.*

Mind the gap

Clean daily between teeth with an interdental brush or floss.

Arm yourself with the tools for success

Brush
Use a small brush, ensuring bristles aren’t splayed.

Toothpaste
Choose a toothpaste that cares for your gums.**

Mouthwash
Your dentist may recommend a specialist mouthwash.

*per ADA guidelines
**with twice daily brushing
HERE TO HELP
Proven to help improve your gum health

parodontax Complete Protection toothpaste is clinically proven to help reduce bleeding gums**

Remove more plaque with a specialist daily toothpaste for healthy gums.**

Brush teeth thoroughly, twice a day. Spit out after brushing.

Brush designed for people with bleeding gums

parodontax toothbrush is tough on plaque, gentle on gums.

It is recommended that toothbrushes are replaced every 3 months.

parodontax Active Gum Health mouthwash

Specialist mouthwash that targets bacteria where brushing alone can’t reach.

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

FIND OUT MORE AT: www.parodontax.com

**with twice daily brushing
Use as directed on the label of the product
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