

HOME CARE PLAN



TOOTHPASTE

- parodontax
Active Gum Repair
Breath Freshener

- Brush all the surfaces of your teeth thoroughly with parodontax for 2 minutes.

parodontax is a daily use toothpaste that is clinically proven to help prevent bleeding gums*

MOUTHWASH

- parodontax
Active Gum Health
Daily Mouthwash

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

parodontax mouthwash helps kill plaque bacteria not removed by brushing and flossing alone

TOOTHBRUSH

- parodontax
Complete Protection

- Use a soft bristle toothbrush to clean along the gumline and replace it every 3 months.

parodontax toothbrush is tough on plaque, gentle on gums



DON'T FORGET TO FLOSS!

Floss or use an interdental cleaner daily.
Always follow the directions given by your dental professional.

NEXT SCHEDULED APPOINTMENT

Date: _____

SPECIAL INSTRUCTIONS

Problem areas to concentrate on: _____

Care for braces: _____

*with twice-daily brushing

HALEON



parodontax

**PROTECTING
YOUR GUM
HEALTH, AFTER
YOUR DENTAL VISIT.**



GET STARTED ON THE PATH TO HEALTHIER GUMS

DID YOU KNOW

- Gum disease is the most common cause of tooth loss for adults¹
- Untreated gum disease is associated with increased risk of cardiovascular complications and poor glycemic control in diabetes^{2,3}
- Bleeding gums and bad breath can be signs of gum disease⁴

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>.
2. About diabetes. American Diabetes Association. Accessed May 21, 2024. <https://diabetes.org/about-diabetes/complications/oral-gum-disease#>
3. Gum disease and other diseases. American Academy of Periodontology. Accessed May 21, 2024. <https://www.perio.org/for-patients/gum-disease-information/gum-disease-and-other-diseases>
4. Gum disease information. American Academy of Periodontology. Accessed May 21, 2024. <https://www.perio.org/for-patients/gum-disease-information>

Scan
to save!

