



**A thumbs up to your oral health.  
That's our partnership goal!**



Here are some simple steps to follow between your visits to your dentist, to reduce the risk of tooth decay and gum disease:

- **Brush your teeth twice a day with a fluoride toothpaste**
- **Change your toothbrush regularly**
- **Avoid sugary snacks between meals**
- **Clean between the teeth using floss and interdental brushes**
- **Visit your dentist regularly**

**Colgate**

YOUR PARTNER IN ORAL HEALTH

[www.colgateohm.co.uk](http://www.colgateohm.co.uk)