

GROW BACK RECEDING GUMS

HELP RECEDING GUMS TO GROW BACK

1. Use an electric toothbrush.
2. Brush your teeth correctly, at least twice a day.
3. Use a toothbrush with a tongue scraper.
4. Floss daily.
5. Replace your toothbrush 3 to 4 times each year.
6. Use a receding gums mouthwash like **Nature's Smile™**

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