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On 2005-11-22 17:24:00 -0800, me@xxxxxxxxxxxxx said:

Dumb question but can an Oral B toothbrush go a long ways to increasing my dental health?

Just wondering what practices and what equipment is worth having to PREVENT dental problems?

It's all about the way you brush and floss, and how it relates to the bacteria already in your mouth and the amount you are able to remove from your mouth during these procedures combined with the amount of time it sits in your mouth and the types of food you eat that cause certain bacteria to become more active.

Dr. Braces

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