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by MLE

## The 3 reasons why a soft toothbrush is better than a hard toothbrush

Usually when we choose a toothbrush, we rarely observe the softness of the bristles. But did you know that the softness of your toothbrush affects the efficiency of brushing your teeth? I believe that after reading this article, you will understand the importance of softness of bristles.

### SOFT TOOTHBRUSH BETTER CLEANING EFFECT

- Soft toothbrushes have soft, flexible bristles that cover the entire shape of your teeth. The more bristles a toothbrush has, the finer and softer they can be.
- Hard bristles have wider spacing and are not flexible enough to coat the entire tooth to remove plaque

### SOFT TOOTHBRUSH ARE GENTLER AND KEEP BREATH FRESH

- A common problem for people who use hard toothbrushes: It's easy to overlook the edges and corners of teeth, where bacteria thrive. If not cleaned properly, bacteria can multiply, leading to gum inflammation, bad breath and even eventual tooth loss. Using a soft toothbrush won't hurt and will keep your teeth healthy and your breath fresh

### SOFT TOOTHBRUSH PROTECTS GUMS FROM DAMAGE

- Plaque is caused by incomplete cleaning and the proliferation of bacteria. The soft filaments can gently remove plaque without causing any harm. Hard toothbrushes and toothbrushes with sparse bristles are more likely to damage our gums

## TIPS : Brush With A Soft Toothbrush!

Brushing your teeth too hard with hard bristles can actually cause your gum line to recede, and the hard bristles can slowly scrape away at your gums, ultimately damaging the necks of our teeth. This can happen even if you listen to your dentist and use the correct brushing technique, brushing your teeth in slow, circular motions. This won't help if your toothbrush is too hard.

When choosing a toothbrush, be sure to choose one that suits your gums. Do not choose a toothbrush that is too hard to avoid damaging our delicate mouth.



**FAFC ADULT COMPACT**  
0.01mm tips      0.127mm diameter

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