

Choosing the right toothpaste for you - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/choosing-the-right-toothpaste-for-you/>

Details:

Choosing the right toothpaste for you - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Smile Solutions 14 Aug 2017

Choosing the right toothpaste for you Most of us know by now that it is important to brush our teeth and floss twice daily in order to maintain good oral hygiene. But when it comes to choosing the right toothpaste, the decision can be daunting. With so many options available, it is sometimes hard to know which product is going to be the best for our teeth. Many toothpastes are effective for tartar control and gum health. Some even have added benefits for specific oral health issues such as sensitivity and high decay risk. This enables you to choose a toothpaste that will suit any specific dental needs you have. Whitening toothpastes are also available but some can be abrasive and can damage tooth enamel. Before purchasing, consult your oral health professional. Dental professionals recommend brushing twice a day with fluoridated toothpaste. The majority of toothpastes on the market have fluoride in them. Fluoride is a naturally occurring mineral that is proven to help prevent decay and strengthen your enamel. There are also many non-fluoride and natural toothpastes available. Toothpastes come in a range of flavours, so there are always options if you don't enjoy the classic mint taste. If you're really stuck on which toothpaste to choose, the best place to start is to ask your oral health professional, either your dentist or your hygienist. They will be able to recommend a toothpaste beneficial for your overall oral health. Of equal importance in maintaining good oral hygiene, along with the toothpaste you choose, are correct brushing technique and interdental cleaning. As well as brushing, flossing and having dental check-ups twice yearly, it is recommended that you visit a dental hygienist for a professional clean. This will clean your teeth more thoroughly than you are able to do with a toothbrush. To book an appointment with one of our dental hygiene staff, call Smile Solutions on 13 13 96.

Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent

Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026
How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More View Blog Call
Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000
Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By
Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental
Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers
Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental
Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All
Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of
Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth
Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea
TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers &
Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC
Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic
Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign
Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental
Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons
Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry
Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and
Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our
Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers
Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with
questions about Smile Solutions. How can I assist you today? Popular questions: What services does
Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■ × 0 /1000
Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne
VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday:
By Appointment Close Book Now