



Raat ko bhi brush kiya?

Did you brush at night too?



The most prescribed piece of dental advice in the world. She gave it for free—every morning, before school, before bedtime.

Mom Knows Best.

Happy Mother's Day!



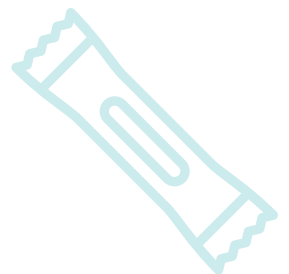
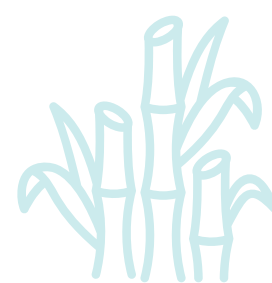
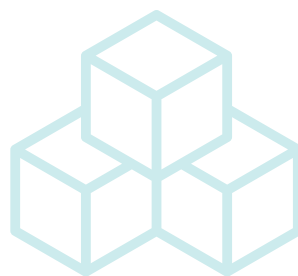


Itna meetha mat
khao, keede lag
jaayenge daaton main.

Don't eat so much sugar, you will get tooth decay



The most clinically accurate dental
advice ever given. Usually delivered
while serving you another laddoo or
jalebi.



Mom Knows Best.

Happy Mother's Day!



Khaane ke baad kulkari zaroor karna

Always rinse your mouth after eating



Post-meal rinsing removes food debris and prevents the acid attack on enamel that begins within minutes of eating.

She didn't know the science, but she knew what happened when you didn't.



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Happy Mother's Day!





Namak paani se gargle kar — sab theek ho jayega.

Gargle with salt water. Everything will be fine.



Salt water reduces gum inflammation
and helps heal oral wounds. We spent
five years in dental school to tell you
the same thing.

She figured it out in the kitchen.



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