DELTA DENTAL®

Toothbrush Truths

Your toothbrush can play a big role in your daily routine. It can keep your teeth healthy and bright. But a newer, cleaner toothbrush could also play a key part in not only your oral health, but overall health.

Your mouth is the gateway to your body and is also a great place for harboring bacteria. These bacteria can make you sick, plus cause tooth decay and gum disease.

That's why proper toothbrush care is important. An old, frayed toothbrush is less effective in removing plaque and keeping your teeth, gums and mouth clean. The American Dental Association recommends replacing your toothbrush every three to four months.[1] Additionally, a toothbrush can actually carry lingering germs from the moment you open the package, so rinsing and keeping your toothbrush clean are necessary factors in maintaining a healthy mouth and body.

Along with taking care of your teeth, your toothbrush needs to be taken care of as well. This will help ensure that it's an even stronger ally in your everyday oral health.

Did you know?

You should brush your teeth two times a day for two minutes each time.

Quick bites

- Don’t share your toothbrush with others.
- Thoroughly rinse your toothbrush after each use with water to remove any remaining toothpaste and debris.
- Don’t store all of the family toothbrushes in one container and don’t share a tube of toothpaste with someone who is sick. Germs can be easily transferred by doing this.
- Make sure your toothbrush is dry before placing it inside a toothbrush cover. Bacteria thrive in warm, moist places.
- Wash your hands before and after brushing as they carry additional forms of bacteria.
- Don’t forget to replace your toothbrush every three to four months or when the bristles start to fray.

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Visit us online for more information on oral and overall health!

1. American Dental Association, “Toothbrush Care: Cleaning, Storing and Replacement,” web.

Healthy Smile, Happy Life

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