

## CHOOSING THE RIGHT TOOTHBRUSH

### What Type of Toothbrush Should I Use?

With so many shapes, sizes and styles of toothbrushes on the market, deciding which kind to buy can be confusing. Here's what you should look for:

- Most dental professionals agree that a soft-bristled brush is best for removing plaque and debris from your teeth. Small-headed brushes are also preferable, since they can better reach all areas of the mouth, including hard-to-reach back teeth.
- When it comes to the type of handle (such as non-slip grip or flexible neck), shape of the head (tapered or rectangular), and style of bristles (such as rippled, flat or trimmed to a dome shape), pick whatever is most comfortable for you. The best toothbrush is one that fits your mouth and allows you to reach all teeth easily.
- For many, a powered toothbrush is a good alternative. It can do a better job of cleaning teeth, particularly for those who have difficulty brushing or who have limited manual dexterity.

### How Often Should I Replace My Toothbrush?

You should replace your toothbrush when it begins to show wear, or every three months, whichever comes first. It is also very important to change toothbrushes after you've had a cold, since the bristles can collect germs that can lead to reinfection.



A worn toothbrush (top) can damage gum tissue. Replace your toothbrush every three months or when it becomes worn.

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