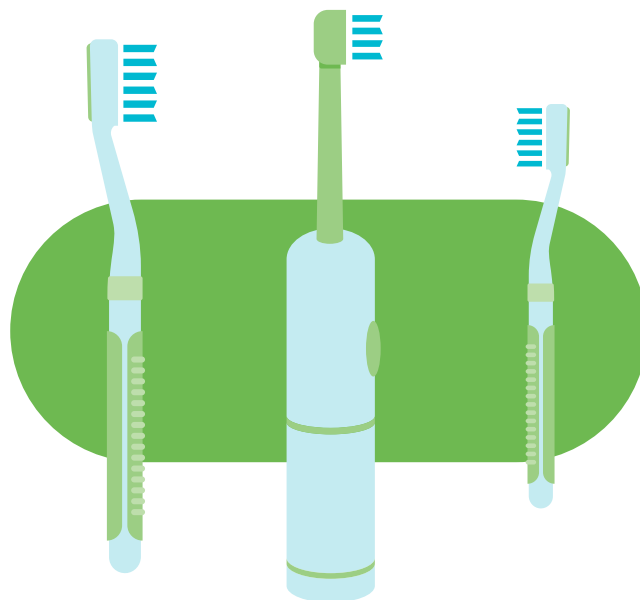




Facts About Your Toothbrush

Keeping Your Toothbrush Clean

1. **Don't share your toothbrush.**
Bacteria in your mouth can be shared with users of a toothbrush, placing the people involved at higher risk of infections.
2. **Rinse your toothbrush with tap water after use.**
Remove any remaining toothpaste and debris from your brush.
3. **Store your toothbrush in an upright position.**
Allow the brush to air dry until used again. If more than one brush is in the same container or area, keep them separated to avoid cross-contamination.
4. **Don't cover your toothbrush or store it in a closed container.**
This creates a moist environment that is more conducive to the growth of microorganisms.



Types of Toothbrushes

Manual Toothbrushes

Always look for toothbrushes with soft bristles. Hard-and medium-bristled toothbrushes are often too abrasive to the gum tissue.

Electric Toothbrushes

Consider the “action” of the brush- for example, spinning action versus sonic wave technology. Ask your dental hygienist what they recommend for your unique teeth and mouth.

Children's Toothbrushes

Begin brushing baby's teeth when the first tooth appears in the mouth. You can use a baby toothbrush or a washcloth to clean the teeth and gums. Also help the little ones; children typically need help brushing until they have the manual dexterity to tie their shoes.

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org

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