



Sustainable choices for your oral health



Conserving water:

It may seem that water is everywhere, but Earth has a limited supply suitable for human consumption. To avoid wasting water, you can shut off the faucet while you brush your teeth. Another way to save water is to fill a cup before turning the faucet off, brush your teeth, and rinse using the water in your cup.

Other ways to save water are turning the tap off while washing your hands, taking shorter showers, and only running the dishwasher when it's full.



Reducing plastic:

Using a reusable cup or water bottle eliminates the need for disposable, single-use bottles. You can wash and refill to reduce plastic waste and save money. Plus, fluoridated tap water is the best beverage for your teeth.



Discarding toothbrushes:

Toothbrush disposal is another opportunity for sustainable oral health practices. Traditional toothbrushes are typically made with hard-plastic handles and soft nylon bristles that can take hundreds of years to decompose.

Dentists recommend switching to a new toothbrush every three or four months, but that doesn't mean you have to throw yours away. You can reuse old toothbrushes for house cleaning in hard-to-reach places or for craft projects.



Finding eco-friendly dental products:

There are toothbrushes and dental floss made from biodegradable materials like bamboo, and others that use recycled plastic. Some toothpastes come in tablets that don't require a disposable container. Ensure the toothpaste you select contains fluoride, and consult your dentist with questions when selecting a new toothbrush to make sure it meets your needs.

Electric toothbrushes come with replacement brush heads, so you are only disposing of one part instead of the entire thing.



The Power of Smile™

Learn more about how your oral health connects to your overall health at:
[Blog.DeltaDentalMN.org](https://www.blog.deltadentalmn.org)