

# How to Choose a Toothbrush



# I. Selecting the Size and Style

- ▼ You want a brush that can comfortably reach the back of your molars.
- ▼ Go for a brush with an appropriate sized handle.



▼ Most people can use a toothbrush with a head that measures 0.50-inch wide and 1-inch high.

▼ If you have a bigger or smaller than average mouth, opt for a slightly bigger or slightly smaller toothbrush.



Keep the size of your mouth in mind.

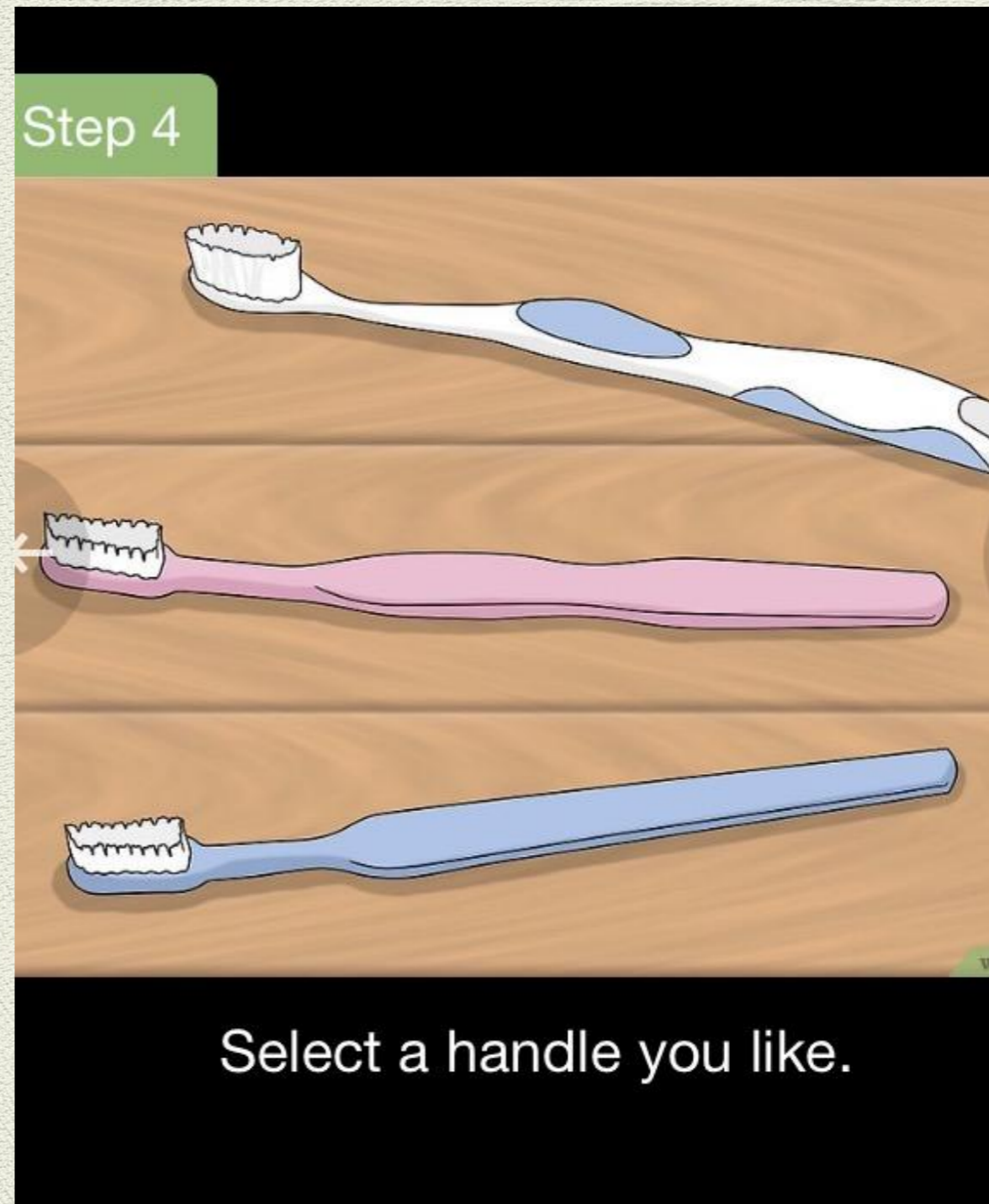
- ▼ a slightly tilted toothbrush allows you to more easily hit certain areas of the mouth
- ▼ rubber bristles are less effective than plastic ones when brushing a tooth surface

Step 3



Look at the angle of the toothbrush.

- ◆ Go for a toothbrush with a soft handle that's easy to hold.
- ◆ Maintain the right technique of toothbrushing



## II. Choosing Special Features

- The main benefit of an electronic toothbrush is it can give you a deeper clean.
- Electronic toothbrushes tend to be expensive, heads need to be replaced every three to four months.

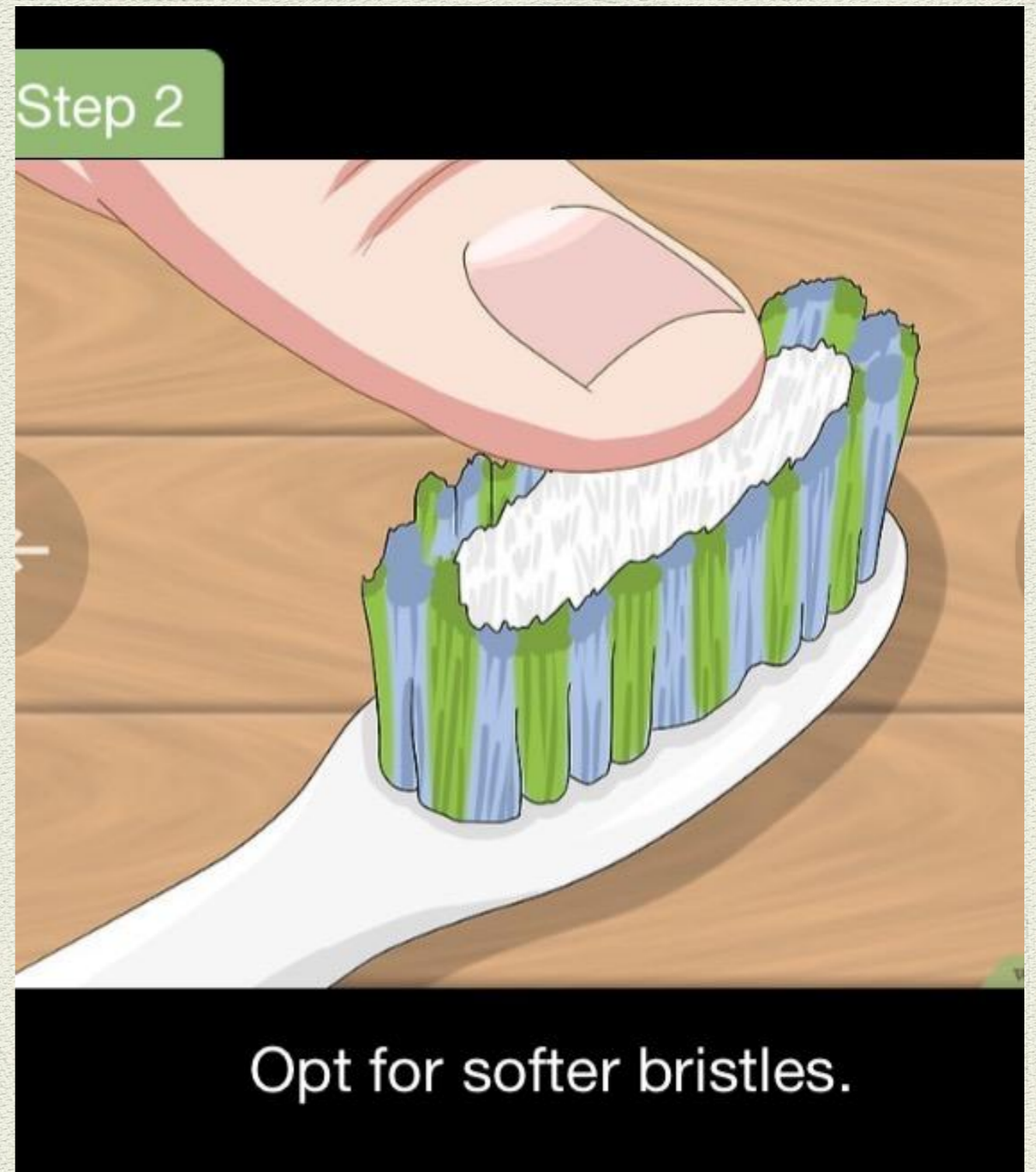


# III. Make Sure Your Toothbrush is Safe

- These toothbrushes have been examined for safety and efficiency.

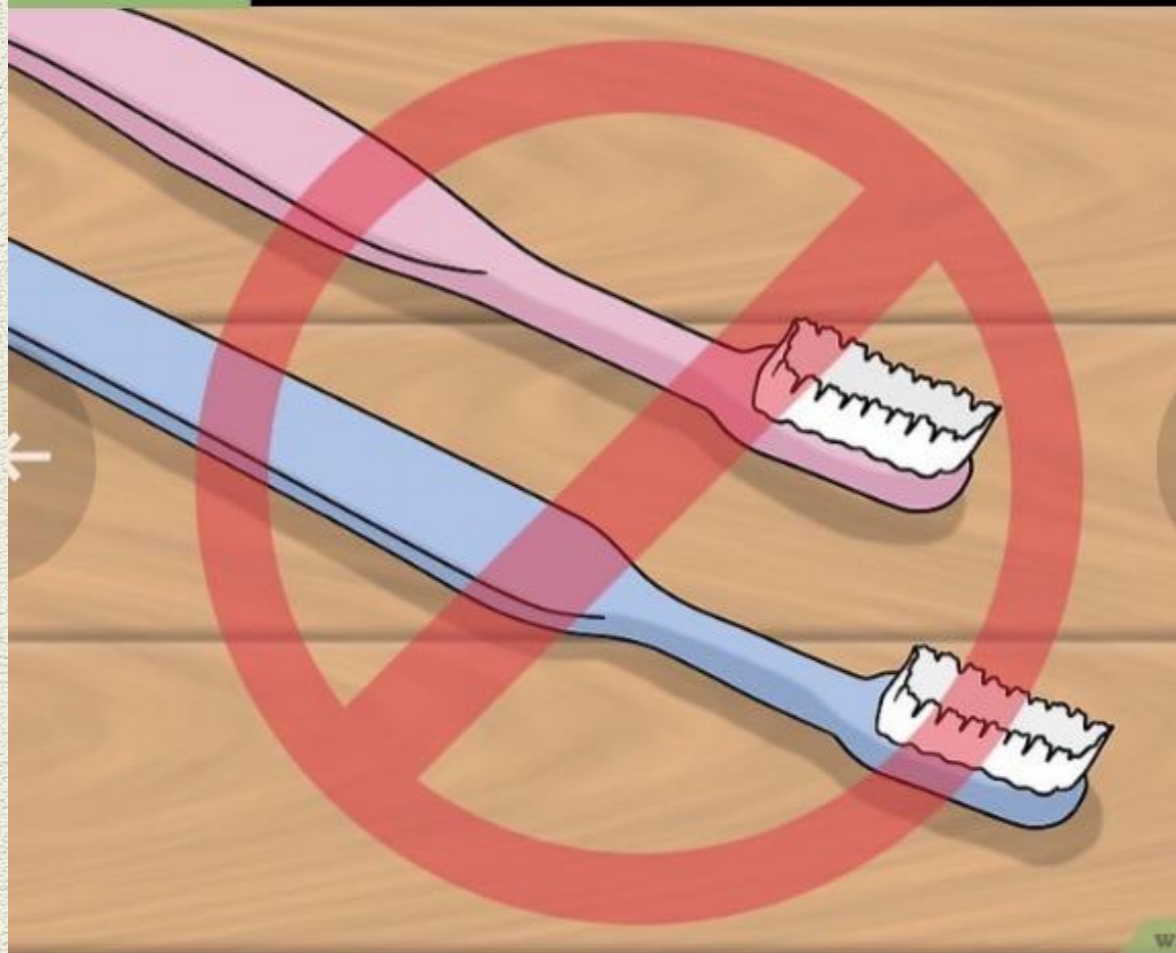


This is less taxing on your gums and tooth enamel. Go for a soft bristle brush over a hard or medium bristle brush.



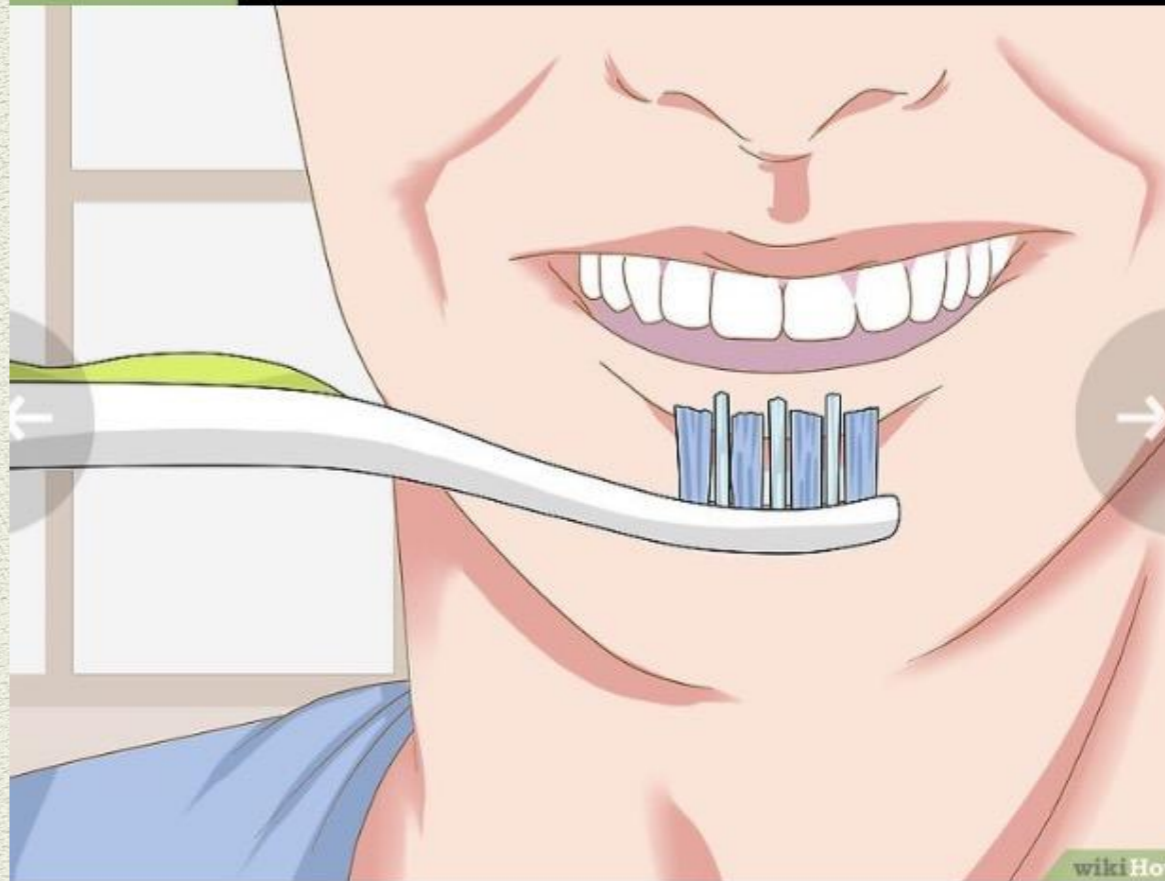


Step 3



Avoid very cheap toothbrushes.

Step 4



Remember other fundamentals of tooth care.

# When to Change Your Toothbrush

- Every 3-4 months
- Immediately after the bristles start to lose their natural position on the head of the toothbrush
- After a cold or flu
- Children toothbrushes have to be changed more often since they wear out easier.
- Toothbrush is a strictly personal item, do not share it with anyone else. That would increase the risk of infections transmission, due to the exchange of body fluids and microbes between the users.



# How to Store your Toothbrush

- Wash and rinse well the toothbrush to remove any remaining toothpaste, food debris and bacteria.
- Store it in upright position in a well ventilated area to help drying
- Do not cover the toothbrush head or put it in a closet, at least not before it dries completely.
- If your toothbrush is stored in the same holder with another person's tooth brush, keep them separated to avoid cross contamination.





Thank you for attention