

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.



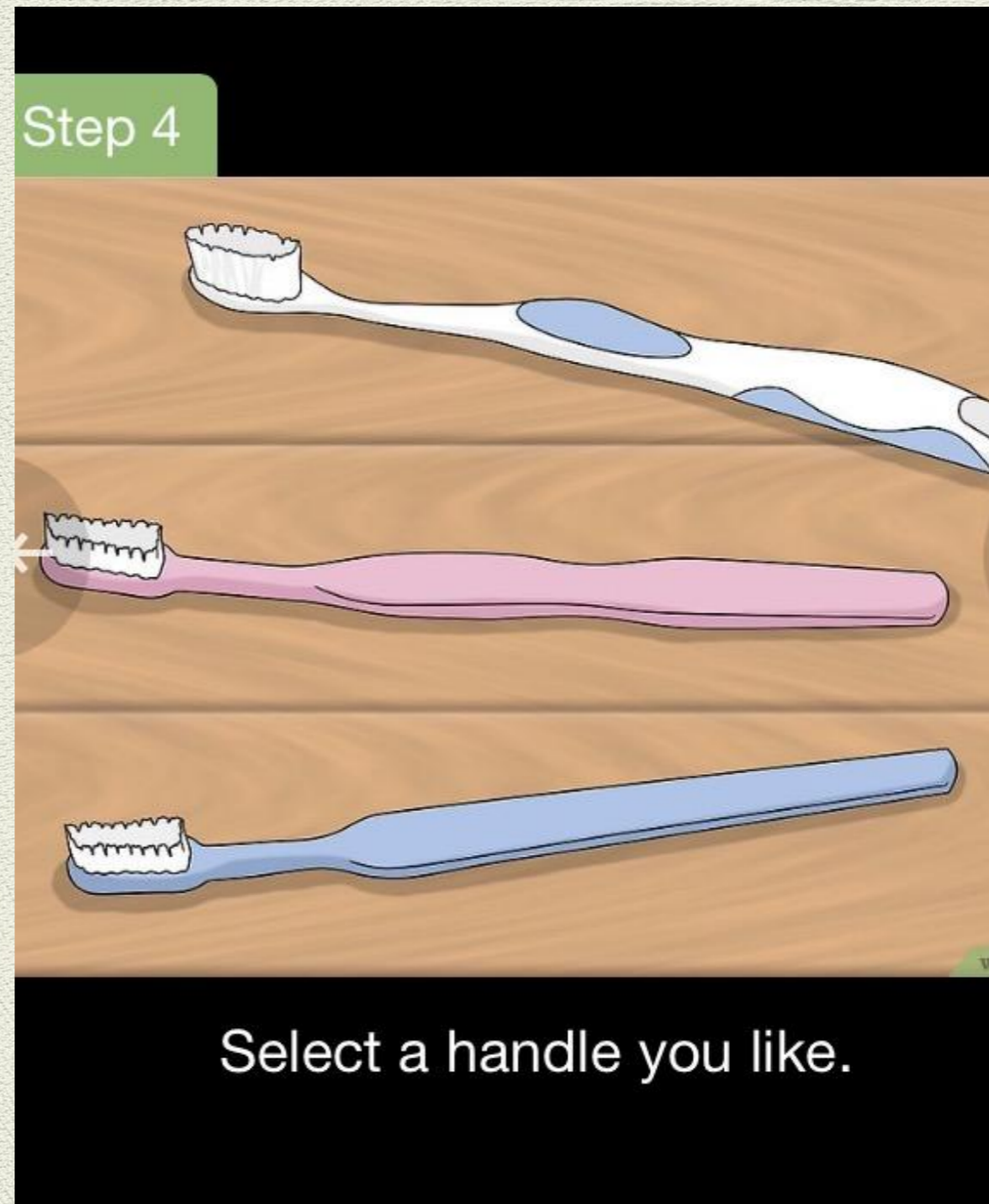
- ▼ a slightly tilted toothbrush allows you to more easily hit certain areas of the mouth
- ▼ rubber bristles are less effective than plastic ones when brushing a tooth surface

Step 3



Look at the angle of the toothbrush.

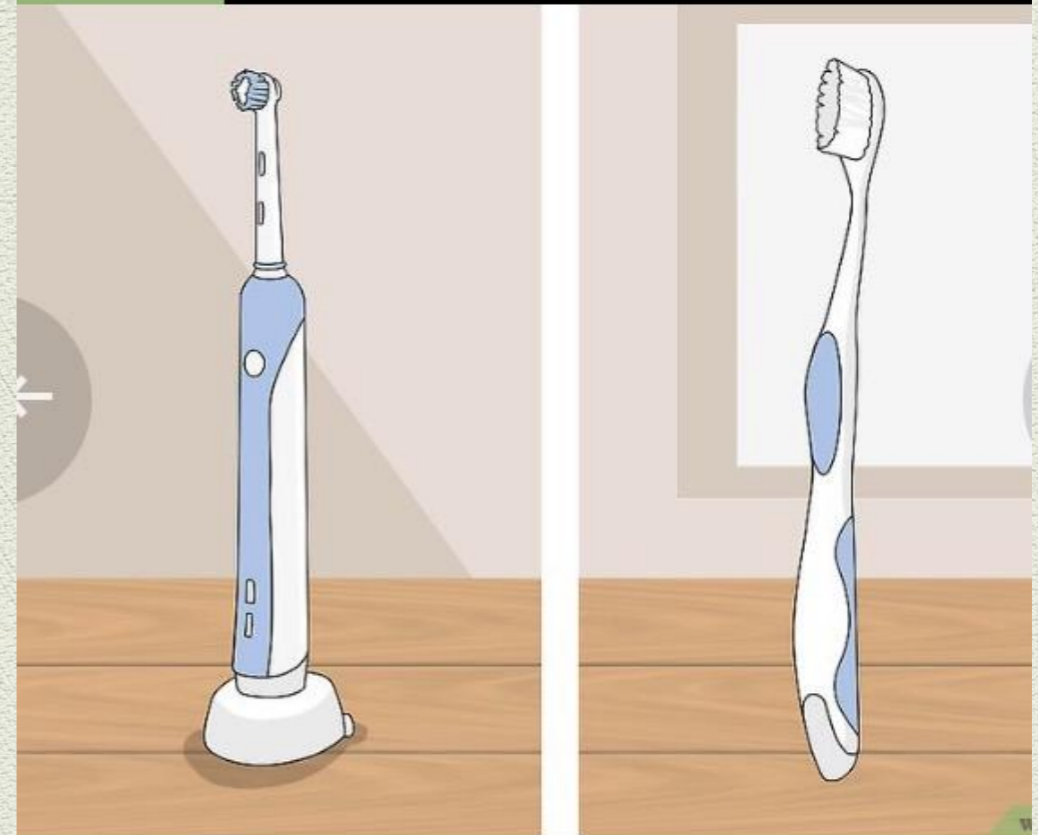
- ◆ Go for a toothbrush with a soft handle that's easy to hold.
- ◆ Maintain the right technique of toothbrushing



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.

Step 2



Think about a manual versus an electronic toothbrush.

III. Make Sure Your Toothbrush is Safe

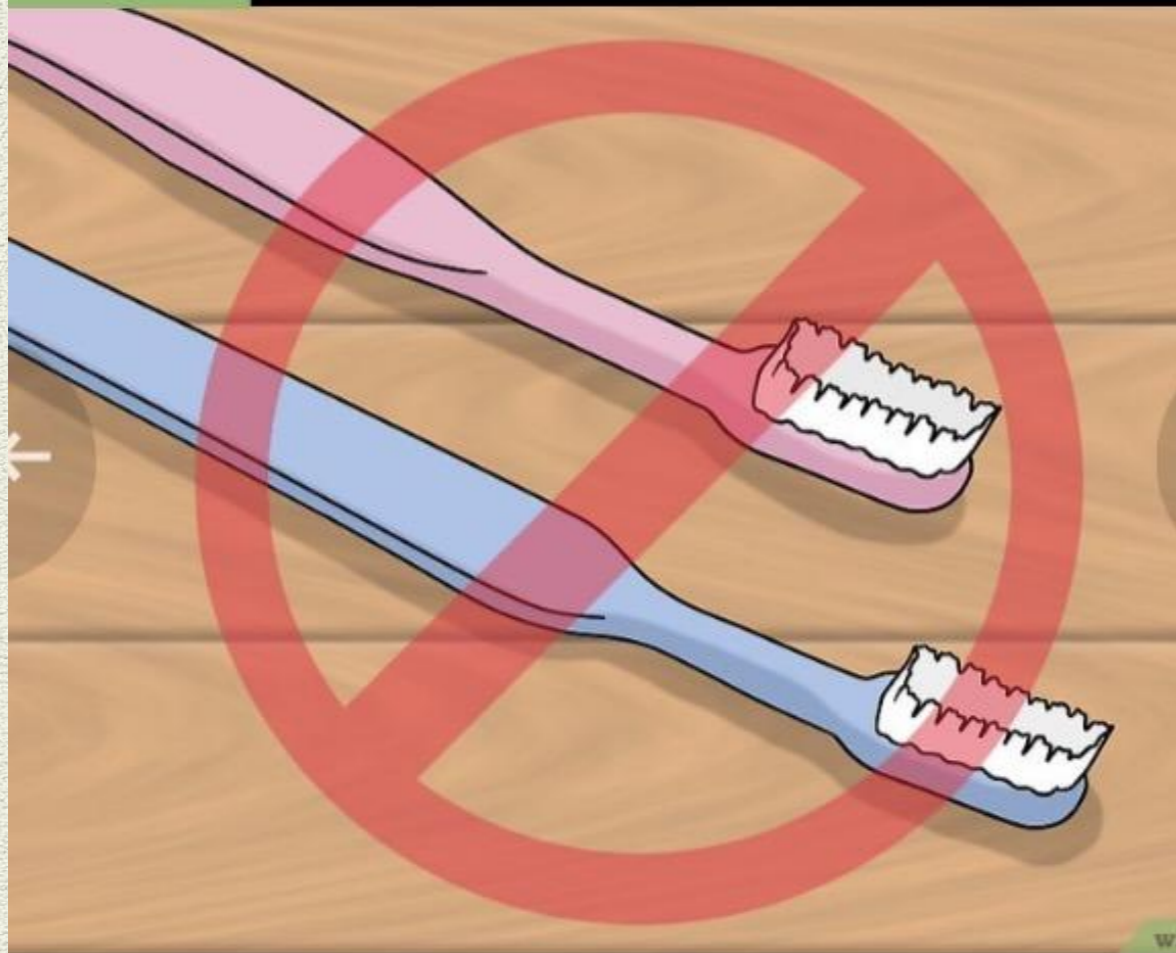
- These toothbrushes have been examined for safety and efficiency.



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