QUICK FACTS: BRUSHING

How many times should teeth be brushed?

The ADA recommends brushing teeth a minimum of twice a day; after breakfast and before going to bed. If able to brush your teeth additional times during the day, particularly after eating, it would be good and can help prevent cavities.

How long should I brush?

Brush teeth a minimum of 2 minutes each time with a fluoride toothpaste. When brushing pay special attention to the teeth in the back of your mouth. After brushing, remember to spit and do not rinse. This helps the fluoride to stay on your teeth longer.

How often should a toothbrush be changed?

Replace a toothbrush every 3 months. Toothbrushes wear out and become less effective over time. If using an electric toothbrush, check the manufacturer's suggested practices around replacing the head of the brush. Additionally, always replace a toothbrush after getting sick.

Rinsing and storing a toothbrush

Rinse with hot water to avoid the toothbrush keeping germs in the bristles and store in an upright position, in a place where it can air dry. If there are several toothbrushes in the same holder try to separate the brushes. Avoid storing a toothbrush in a closed container, because bacteria and germs are more likely to grow in this type of environment.

Do not share toothbrushes

When sharing a toothbrush there is a high risk of exchanging germs and body fluids that can increase the chances of getting sick.

DID YOU KNOW?

- Teeth are made of the hardest substance found in the human body – enamel.
- The first toothbrushes ever used were made from tree twigs.
- Cheese like Cheddar, Swiss and Monterrey Jack have been found to protect teeth from decay.
- If you are right handed you are more likely to chew on the right side of your mouth; and vice versa for people who are left handed.
- Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and when all your adult teeth come in, you will have 32 teeth.
- The average American eats about 147 pounds of sugar each year.
- The average American 17 year old has more than 3 decayed teeth.

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