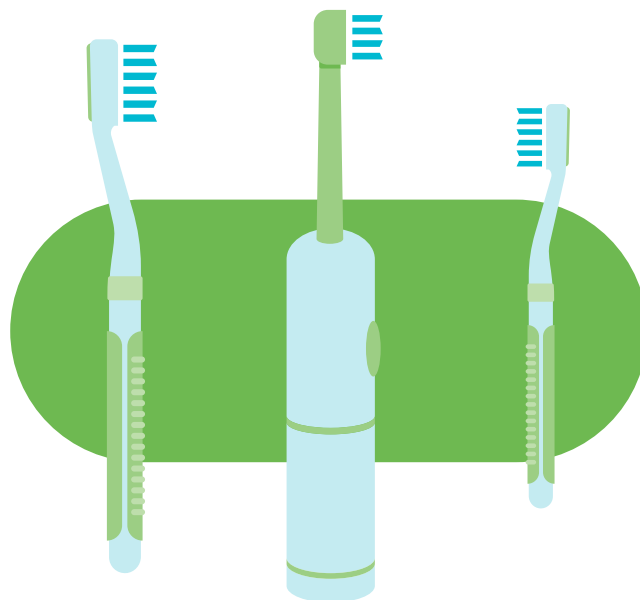




# Facts About Your Toothbrush

## Keeping your toothbrush clean

- 1. Don't share your toothbrush.**  
Bacteria in your mouth can be passed between 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 it's 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 bacteria.



## 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 your child'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. Help your child brush, in the beginning children typically need help brushing until they have the manual dexterity to tie their shoes.

## The Power of Smile™

Learn more about how your oral health connects to your overall health at:  
**[DeltaDentalMN.org](http://DeltaDentalMN.org)**