

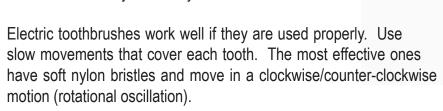
ORAL FITNESS FACT SHEET

Choose Your Weapons – Toothbrush

Your most important weapon against oral disease is your toothbrush. For best results, use it twice a day with fluoride toothpaste.

Choose a toothbrush with a size and shape that fits you. Your toothbrush should have:

- A small, multi-tufted head (1" by 1/2" or smaller) that can easily fit around your back teeth.
- Soft or ultrasoft nylon bristles with rounded ends that won't hurt your gums.
- A long, wide handle that fits your hand comfortably and firmly.



Toothbrush Safety

- Avoid medium and hard bristle toothbrushes! They can wear away your gums and teeth.
- Use light force. Too much pressure causes the bristles to bend and can wear away your gums.
- Do not share toothbrushes because of the risk for infection.

Take Care of Your Toothbrush

- Rinse your toothbrush clean after every use.
- Allow it to air dry. If you use a cover, make sure it has small holes for airing to prevent growth
 of bacteria.
- Store it in an upright position.
- Change your toothbrush or toothbrush head (if you're using an electric toothbrush)
 - Before the bristles become worn and bend outward.
 - Every three to four months.
 - After being sick.



