What is the best timing, frequency, and duration for toothbrushing?

**RECOMMENDATIONS**

**WHEN SHOULD YOU BRUSH YOUR TEETH?**

- Each adult and child should brush twice a day, before bedtime, and at least one more time during the day.

**HOW OFTEN SHOULD YOU BRUSH YOUR TEETH?**

- Both adults and children should brush at least twice a day, depending on the number of teeth.

**HOW LONG SHOULD YOU BRUSH YOUR TEETH FOR?**

- For both adults and children, it’s recommended to brush teeth at least twice a day, providing assistance when necessary.

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**WHAT CONSIDERATIONS DO YOU NEED TO TAKE INTO ACCOUNT WHEN CHANGING OR REPLACING YOUR TOOTHBRUSH?**

- When changing or replacing your toothbrush, it’s advisable to use a toothbrush with low bristles and a short handle, considering that the texture and bristles are matted or frayed after three to four months.

**HOW CAN I CLEAN BETWEEN THE TEETH?**

- The device used to clean between your teeth depends on the gaps between the teeth. Selecting the right tool will help you remove the bacteria that are present between the teeth.

**HOW OFTEN SHOULD I USE MOUTHRINSE?**

- If you use a mouthwash, it’s better to do so at a different time than immediately after brushing. To keep the right amount of fluoride in the mouth, spit out excess toothpaste after brushing.

**WHATIS THE BEST TOOTHBRUSH HEAD TYPE/SHAPE?**

- Toothbrushes with soft or medium bristles are recommended, considering that the texture and bristles are matted or frayed after three to four months.

**WHAT IS THE MOST EFFECTIVE TYPE OF TOOTHPASTE FOR MAINTAINING ORAL HEALTH?**

- For people with cavities due to dental caries, or at a higher risk of getting them, using a toothpaste with more fluoride (like 2800 ppm or 5000 ppm) can help prevent them. This is recommended only for adults and kids over 10 years old.

**WHAT CONCENTRATION OF FLUORIDE TOOTHPASTE IS MOST EFFECTIVE?**

- For those aged 7 years or older use fluoride toothpaste containing 1,000 - 1,500 ppm fluoride.

**How should a toothbrush be stored?**

**RECOMMENDATIONS**

After brushing your teeth, store the toothbrush upright and let it air dry. After each use, make sure to rinse your toothbrush thoroughly to remove any leftover toothpaste and debris.

**How often should a toothbrush be replaced?**

**RECOMMENDATIONS**

- Change your toothbrush every 3–4 months, or sooner if you notice the bristles are matted or frayed. It’s advisable to use a new toothbrush immediately after noticing these changes.

**What should you do if you or your child are sensitive to tastes and textures?**

Choosing a toothpaste with mild flavor might be more comfortable. Some people, like those with sensitivity, fixed appliance or breathing issues, swallowing difficulties, or memory challenges, might find sodium lauryl sulfate, which produces less foam, more suitable.

**How can I clean between the teeth?**

The device used to clean between your teeth depends on the gaps between the teeth. Selecting the right tool will help you remove the bacteria that are present between the teeth.

**How long should it start and for how long should it be supervised?**

- Toothbrushing in children: when should it start and for how long should it be supervised? It’s recommended to get a new toothbrush immediately after noticing these changes.

**How should I store my toothbrush?**

- Store the toothbrush in a clean, dry container, not in a thirsty spot in the bathroom. Keep it out of the reach of children.

**What should you do if you can’t see or reach the back teeth?**

- When brushing your teeth, keep your jaw in a relaxed position. Avoid gripping the toothbrush too tightly or brushing too hard.

**How can I prevent dental plaque?**

- Brushing is one of the most effective ways to prevent dental plaque and other dental issues. It’s recommended to brush twice a day, providing assistance when necessary.

**How can I avoid tooth decay?**

- Regular brushing and flossing, along with dental checkups, can help prevent tooth decay. It’s recommended to brush twice a day, providing assistance when necessary.

**What should I do if I have gum disease?**

- If you have gum disease, it’s advisable to consult with your dentist to determine the best treatment phase.

**What is the best type of toothpaste?**

- The best type of toothpaste is one that contains fluoride and is effective, following advice from your dental professional.

**How can I maintain good oral health?**

- It’s important not to share any leftover toothpaste and debris.

**How often should a toothbrush be replaced?**

- Change your toothbrush every 3–4 months, or sooner if you notice the bristles are matted or frayed. It’s advisable to use a new toothbrush immediately after noticing these changes.

**How can I prevent tooth decay?**

- Avoid rinsing with water after brushing your teeth.

**How often should I use mouthwash?**

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