



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

RECOMMENDATIONS

- ✓ **WHEN SHOULD YOU BRUSH YOUR TEETH?**
Both adults and children should brush their teeth **before bedtime** and at least **one more time** during the day.
- ✓ **HOW OFTEN SHOULD YOU BRUSH YOUR TEETH?**
For both adults and children, it's recommended to brush teeth at least **twice a day**, providing assistance when necessary.
- ✓ **HOW LONG SHOULD YOU BRUSH YOUR TEETH FOR?**
For both adults and children, it's important to brush teeth long enough to **ensure effective cleaning of all surfaces**. This typically takes around two minutes, depending on the number of teeth.

Toothbrushing in children: when should it start and for how long should it be supervised?

RECOMMENDATIONS

- ✓ **WHEN TO START BRUSHING YOUR CHILDREN'S TEETH?**
Start cleaning your child's teeth **as soon as the first one appears**. Use a soft toothbrush or cloth initially. If using a cloth, switch to a toothbrush when the back teeth come in.
- ✓ **UNTIL WHAT AGE SHOULD CHILDREN BE SUPERVISED WHEN BRUSHING THEIR TEETH?**
Keep helping or watching over your child's toothbrushing **until they can do it well on their own**.



Should you rinse or spit before/after toothbrushing?

RECOMMENDATIONS

- ✓ To keep the right amount of fluoride in the mouth, spit out excess toothpaste after brushing. **Avoid rinsing with water.**
- ✓ Young children need close supervision to ensure **excess toothpaste is spat out** after brushing.
- ✓ If you have some difficulty with manual dexterity affecting your brushing technique, rinsing the mouth with water **before** brushing can help remove food debris.
- ✓ If you can't spit, use an appropriate amount of toothpaste and, if possible, ask for help to **remove any excess around the mouth** after brushing.
- ✓ **WHEN SHOULD I USE MOUTHRINSE?**
If you use a mouthrinse, it's better to do so at a **different time** than immediately after brushing your teeth.

Toothbrush type

RECOMMENDATIONS

- ✓ **WHAT IS THE MOST EFFECTIVE TYPE OF TOOTHBRUSH FOR MAINTAINING ORAL HEALTH (POWERED OR MANUAL)?**
Remember to brush your teeth and gums regularly using either a **manual or powered toothbrush**. How well the brushing works depends on how you use the toothbrush, whether it's manual or powered.
- ✓ **WHAT IS THE BEST TOOTHBRUSH HEAD TYPE/SHAPE?**
Use a **small toothbrush** with **soft or medium bristles**, considering that the texture may vary between different brands.
- ✓ If you face physical challenges, using **toothbrushes with grip handles or special adaptations** like three-sided or powered toothbrushes might be helpful for you.



How can I clean between the teeth?

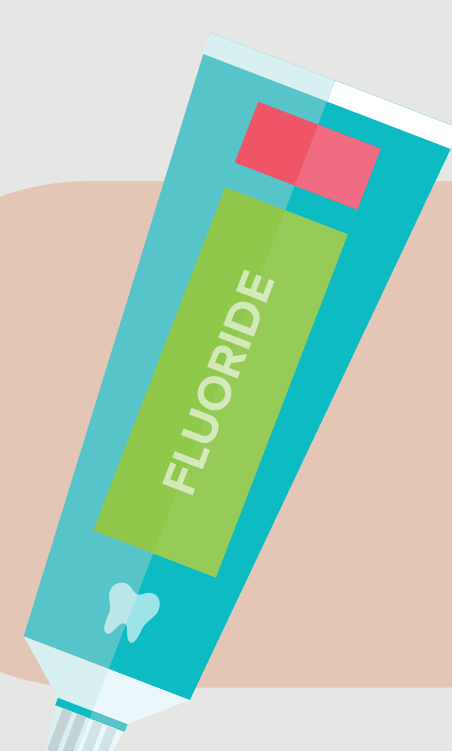
RECOMMENDATIONS

- ✓ The device used to clean between your teeth depends on the gaps between them. **Interdental brushes, single-tufted brushes, and dental floss** are all choices for cleaning this area. Pick the one that suits the space between your teeth and is effective, following advice from your dental professional.

What is the most effective type of toothpaste for maintaining oral health?

RECOMMENDATIONS

- ✓ **WHAT CONCENTRATION OF FLUORIDE TOOTHPASTE IS MOST EFFECTIVE?**
Young children (0 to 6 years old) should use fluoride toothpaste containing at least **1,000 ppm fluoride**.
- ✓ For those aged 7 years or older use fluoride toothpaste containing 1,000 - 1,500 ppm fluoride.
- ✓ 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. **Your dentist should check and talk about this during your regular checkups.**
- ✓ For those aged 10 years or older and undergoing **orthodontic treatment with a fixed appliance**, it's advisable to use a high fluoride toothpaste throughout the treatment phase.
- ✓ If you or your child are sensitive to tastes and textures, choosing a toothpaste with a **mild flavor** might be more comfortable. Some people, like those with sensitivity, breathing issues, swallowing difficulties, or memory challenges, might find toothpaste **without** sodium lauryl sulfate, which produces less foam, more suitable.



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.
- ✓ It's important **not to share** toothbrushes between family members.

How often should a toothbrush be replaced?

RECOMMENDATIONS

- ✓ Replace your toothbrush every **three to four months**, or sooner if you notice the bristles are **matted or frayed**. Additionally.
- ✓ It's recommended to get a **new toothbrush** immediately after recovering from an **infection or disease**.

