

When to change a toothbrush?

How often should I change my toothbrush?

Most dentists agree you should change your toothbrush every three months. Studies show that after three months of normal wear and tear, toothbrushes are much less effective at removing plaque from teeth and gums compared to



new ones. The bristles break down and lose their effectiveness in getting to all those tricky corners around your teeth.

It is also important to change toothbrushes after you've had a cold, the flu, a mouth infection or a sore throat. That's because germs can hide in toothbrush bristles and lead to reinfection. Even if you haven't been sick, fungus and bacteria can develop in the bristles of your toothbrush - another reason to change your toothbrush regularly.

Reasons why you should replace your toothbrush frequently?

- Toothbrushes just simply wear out
- Toothbrushes are often worn enough to be replaced before they look worn
- Bristles breakdown and lose their effectiveness
- Worn and fractured bristles are a breeding ground for germs, fungus and bacteria
- Worn toothbrushes can damage gum tissue

Children require special attention and monitoring because:

- Bristle wear occurs quickly because children often brush with uneven strokes
- Children sometimes chew or bite on their toothbrush bristles