



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Choosing and Caring for Your Toothbrush

A few simple toothbrush tips can help you brush better every day.

Why it matters:

- The right toothbrush helps remove plaque.
- Soft bristles protect your teeth and gums.
- A clean toothbrush works better and stays fresher.

Choose the Right Toothbrush

- Choose soft bristles.
- Pick a small head that reaches back teeth.
- Choose a handle that is comfortable to hold.
- Manual or electric both work. Use the one you will use every day.
- Children need toothbrushes that fit their small mouths. Choose one made for your child's age.

Care for Your Toothbrush:

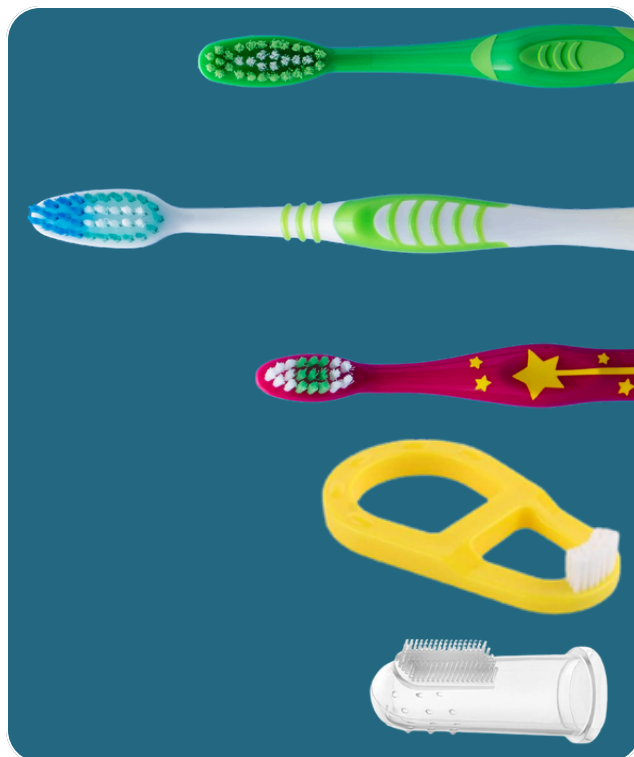
- Rinse it well after each use.
- Store it upright so it can air-dry.
- Keep it from touching other toothbrushes.
- Do not store a wet toothbrush in a closed case.

Replace Your Toothbrush:

- Replace it every 3–4 months.
- Sooner if the bristles are bent or worn.
- Consider replacing it after you've been sick.

Ask a dental professional if...

- You are not sure which toothbrush is best for you or your child.



Learn More:

If you have trouble brushing because of limited hand strength or movement, check out the [Resources for Adaptive Aids](#) on the Pathways to Oral Health website.