BSDHT advice on toothbrush care*

1. Thoroughly rinse your toothbrush with tap water after brushing and shake dry to remove any remaining toothpaste and debris.

2. Store your brush in an upright position if possible and allow the toothbrush to air-dry until used again.

3. If more than one brush is stored in the same holder or area, keep the brushes separated to prevent cross-contamination.

4. Do not routinely cover toothbrushes or store them in closed containers. A moist environment, such as in a closed container, is more conducive to the growth of bacteria than the open air.

5. Replace toothbrushes at least every 3–4 months, or sooner if the bristles become splayed. The bristles become worn with use which makes them less effective at cleaning.

6. Toothbrushes will wear out differently depending on factors unique to each person. Check your brush often for signs of wear and replace them more frequently if needed.

7. Children’s toothbrushes often need replacing more frequently than adult brushes.

*Information from ADA and Council on Scientific Affairs, November 2011