



Reminders about brushing teeth!

School time is about to begin! However, these suggestions are important for any time at any age.

For example, it's suggested to replace the manual toothbrushes (e.g., both at home and in the school backpack) as well as the electric toothbrush or Philips Sonicare electric toothbrush brush head every three months of normal use (or even sooner if the bristles are worn out).

Additionally, if there is an illness, a germ(s), or, for example, a cold sore/fever blister, throw out the previous toothbrushes, and use new toothbrushes when the person's illness has sufficiently improved/recovered (i.e., noncontagious). Always keep additional unused toothbrushes in the house for when a new toothbrush is needed.

When ill, consider also squeezing the toothpaste onto a clean item, such as onto a Q-tip, and then putting the toothpaste onto the toothbrush during the fever blister recovery process.

Finally, toothbrushes dropped onto a public bathroom sink or floor (or even using a toothbrush during an open toilet being flushed) should be considered for replacement.

The preceding paragraphs were not medical advice; so, please check with your dentist(s) and doctor(s) before following any suggestions written above.