



## 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?

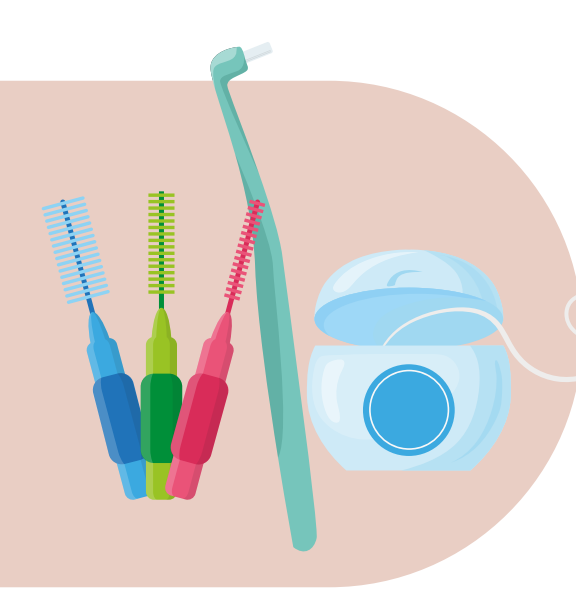
### RECOMMENDATIONS

- ✓ 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?

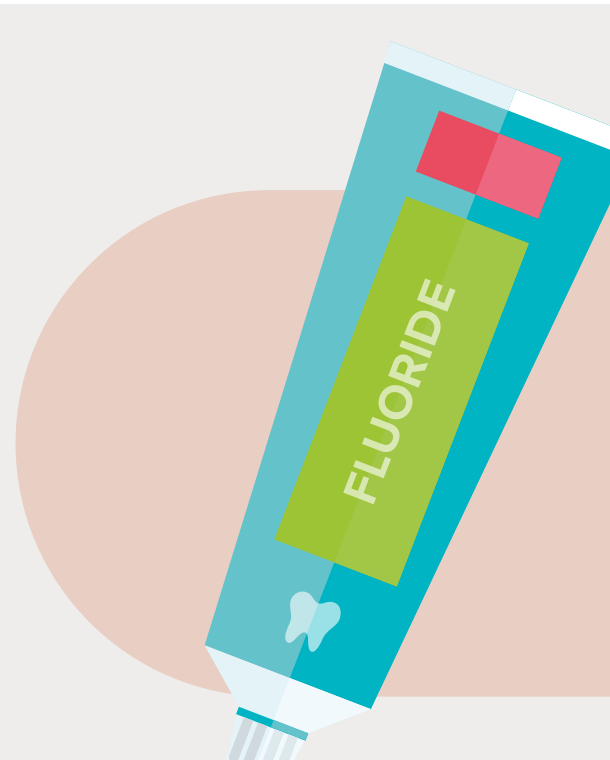
### RECOMMENDATIONS

- ✓ 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**.
- ✓ It's recommended to get a **new toothbrush** immediately after recovering from an **infection or disease**.

