

# Brushing Mistakes To Avoid



Good oral care improves wellbeing and boosts self-esteem and confidence—for life!

Make sure you're practicing **good brushing habits** and teaching your kids from an early age to do the same.



Be sure to avoid these brushing mistakes and **follow your dentist's guidelines** and recommendations for you and your family's dental care and oral hygiene habits.



## Not brushing long enough

A little brushing is better than none, but **two full minutes** of brushing **twice per day** is what's recommended.

# 2x2



Most people brush for an average of 45 seconds, so **set a timer** when you brush to ensure you're doing it 2 minutes.

## Brushing too hard



Too much pressure can **damage and hurt gums** and won't be any more effective than brushing gently.

Use a **soft-bristled toothbrush** and be thorough but not too harsh.



## Keeping your toothbrush for too long

It's recommended to change your toothbrush every **3-4 months**.

Change it with the **change of the seasons** to help you remember to do so.



Or change it earlier if the **bristles are frayed or broken**, or if you experience **sickness**.

## Brushing immediately after eating



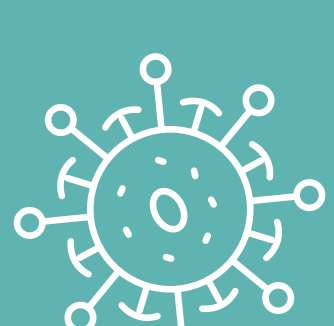
Some meals or snacks may make your mouth or teeth feel like you need to brush, but it's best to **wait at least an hour after eating or drinking**, particularly if you consumed anything especially acidic.



**Drink water** to hold yourself off for a bit.

## Storing your toothbrush improperly

Toothbrushes should be **stored upright**, with the bristles up, and in an **open container**.



**Closed containers** encourage **bacteria growth** and should be avoided.

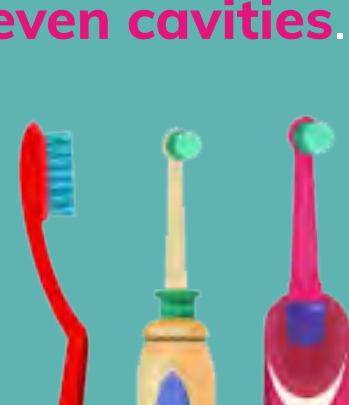


## Sharing your toothbrush



Avoid letting your kids share their toothbrushes. Bacteria transfers from mouth to mouth very easily on a toothbrush, and that can **spread illness and even cavities**.

Let your kids pick out **fun toothbrushes that are different** to encourage regular brushing and no sharing.



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