

# How Often Should We Buy New Toothbrushes?

Whether you're still brushing your child's teeth at night or they are in full-control of their dental health, here are a few hints that it's time to switch your kiddo's toothbrush out.

Dental Hygiene

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Your child's toothbrush is one of their very first personal items. Teaching them to take care of it and replace it when it's worn out is crucial for his or her personal dental health. Whether you're still brushing your child's teeth at night or they are in full-control of their dental health, here are a few hints that it's time to switch your kiddo's toothbrush out.

## Why is it important to replace toothbrushes?

There are two things to consider when needing to switch out a toothbrush: bristle integrity and bacteria growth. Strong bristles will scrub plaque away more efficiently and keeping the brush free of bacteria will reduce the risk of infection through bacterial transmission to blood or sores.

### Bacteria

Just like a dish sponge, toothbrushes collect bacteria over time. Instead of brushing your teeth with a literal petri dish each night, swapping out toothbrushes at least every 6 months will help keep the bacteria to a minimum, but chances are, your child's toothbrush will be well worn out before it hits the suggested 6 month mark.

### Midlife crisis

Balding isn't just a sign for aging or poor health in humans, but for toothbrushes too! If the bristles are thinning out, it's definitely time to replace the brush.

### Hat hair

If the toothbrushes' bristles all smashed, like it's been wearing a hat, it's time to switch out your toothbrush. Bristles are the most effective when they're up-right and strong. If the bristles have lost their integrity and they're scrubbing your child's teeth all bent and sad, the toothbrush isn't doing the best job.

### Discoloration

Most toothbrush bristles are white, so if they've become yellow, it's time to switch out the toothbrush. Discoloration is a visible sign that bacteria has made a home in the toothbrush.

## Who's who's?

If your kiddos have similar looking toothbrushes, it's likely they'll mix them up on accident. Different colors, designs, and sizes will keep the toothbrushes separated and clean.

## Susceptible to Mold

Toothbrushes that are kept in small humid places, like travel toothbrush cases or drawers, are susceptible to mold. To avoid brushing your child's teeth with a moldy brush, keep the toothbrush in a well-ventilated area, like a cup on top of the sink, hanging on the wall, or just on the counter. If the toothbrush has stayed in an enclosed case for a number of days, it's best to just replace it to avoid bacteria.

## Your Child Has Been Sick


If your kiddo has been sick, it's a great idea to replace the toothbrush. There's not much of a reason to keep those germs around, especially if the sickly toothbrush is around other toothbrushes.

## Schedule an Appointment

Wondering if you need a new toothbrush? Schedule an appointment with Just 4 kiDDS Dentistry For Children sooner rather than later!


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