



HealthyPeople·Dental

QUICK FACTS ABOUT BRUSHING YOUR TEETH

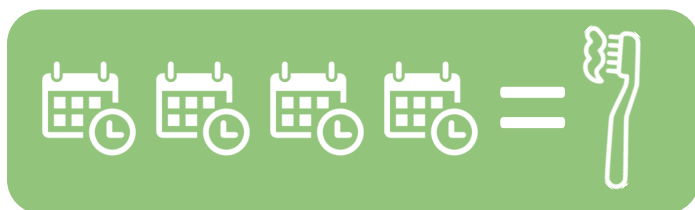
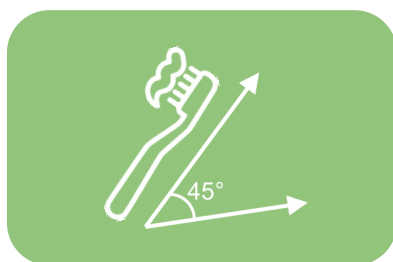


1 The American Dental Association recommends brushing **twice a day for two minutes** with a fluoride toothpaste.

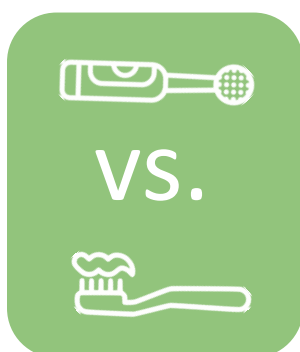


5 Nobody knows who invented toothpaste. However, we do know that a Greek physician named Hippocrates advised people to “wash their teeth” and offered recipes for creating something like toothpaste in the 4th-5th century.

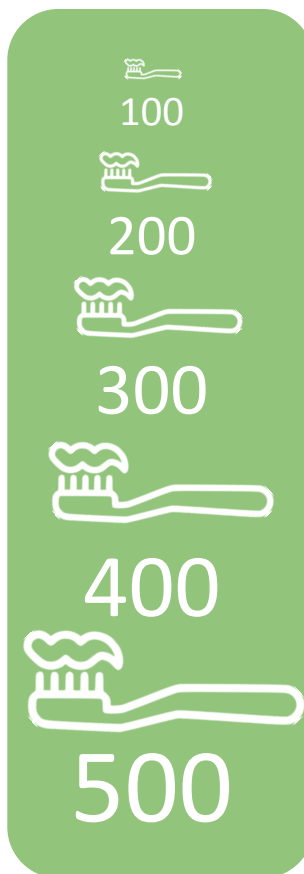
2 Dentists recommend putting your toothbrush **at a 45-degree angle to the gums** as you brush.



3 Replace your toothbrush every **three to four months**. When bristles become frayed and worn, they are less effective at cleaning teeth.



4 Both electric and manual toothbrushes can effectively and thoroughly clean teeth. People who have a hard time using a manual toothbrush may find that an electric toothbrush is easier to use. Your dentist can help you decide which type is best for you.



6 The toothbrush has been around for **500 years!**

According to a 17th century encyclopedia drawing, the toothbrush was invented in 1498 in China.

The nylon-bristled toothbrush that we use today was introduced in 1938.



When shopping for a new toothbrush, look for those that display the ADA Seal of Acceptance.