When and Why to Replace a Toothbrush

Adly Wilson

Dr. Adly Wilson is a dental practitioner with a private office in Greenbelt, Maryland. He offers a full range of dentistry services, including root canal treatment, fillings, bonding, and extractions. Dr. Adly Wilson also advises patients on matters as simple as when to buy a new toothbrush.

Most individuals know that it is important to change [toothbrushes](http://en.wikipedia.org/wiki/Toothbrush) regularly, and most dentists recommend buying a new toothbrush every three months. Research has shown that after three months of regular use, an average toothbrush is less effective, as its bristles simply wear out.

To keep a toothbrush in good condition, give it time to dry out between uses. Be sure to keep it away from other brushes to prevent the passage of viruses. Over time, the bristles will accumulate lots of bacteria, which is mostly harmless but not ideal, offering yet another reason to replace the brush every three months. Dental offices like Dr. Wilson's will probably provide a new toothbrush at a six-month checkup, but it is best to replace it once more in between visits.