Quick Facts: **Toothbrushing**

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**2 minutes × 2 times per day**

The American Dental Association recommends brushing twice a day for two minutes with fluoride toothpaste. Nothing works better to remove plaque and prevent cavities.

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**45°**

Dentists recommend placing your toothbrush at a 45-degree angle to the gums.

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**3 to 4**

Make sure to replace your toothbrush every three to four months. Bristles that become frayed and worn will be less effective at cleaning teeth.

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No one knows who invented toothpaste. The famous Greek physician Hippocrates advised people to “wash their teeth” and included recipes for toothpaste dating back to the 4th-5th century.

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**ADA Accepted**

Look for toothbrushes that display the ADA Seal of Acceptance.

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Both manual and powered toothbrushes can effectively and thoroughly clean teeth. People who have difficulty using a manual toothbrush may find powered toothbrushes easier to use. Your dentist can help you decide which type.

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**500:**

Number of years the toothbrush has been going strong!

In fact, did you know the toothbrush was invented in 1498 in China? That’s according to a 17th century encyclopedia drawing. The nylon bristled toothbrush that we use today was introduced in 1938.

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For more facts about your dental health, visit MouthHealthy.org.