



## Toothbrush Hygiene

- ◇ Research has shown that toothbrushes are a major risk factor in the transmission of disease.
- ◇ Within 2 days toothbrushes are heavily infected with bacteria, viruses and fungi that can cause disease. These can include the agents of T.B., viral hepatitis and AIDS.
- ◇ Toothbrush rinsing helps to reduce the contamination but some organisms remain. Thus people reusing their toothbrushes are at risk of re-infecting themselves.
- ◇ Furthermore; cross infection between toothbrushes can occur when they are kept in close proximity. For example the cold sore virus can survive for more than 7 days on a moist toothbrush.

### **Diana Road Dental Care recommends :**

- ◇ Keep your toothbrush soaking in 0.2% Chlorohexidine Gluconate solution (Corsodyl mouthwash) and rinse it in hot water prior to use.
- ◇ Replace your toothbrush every two to three months.