

Toothbrush Trivia

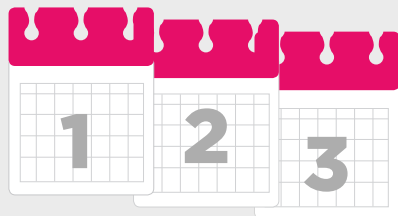


X5

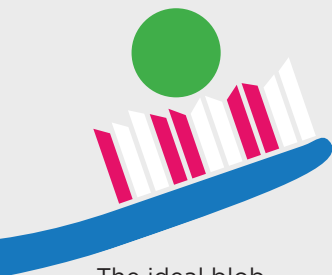


If every person in the UK flossed daily with the recommended **18 inches** or 45 cm of floss, enough floss would be used each week to **wrap around the earth over 5 times**

Toothbrushes should be changed at least **once every three months**, or sooner if the bristles are worn down.



3 MONTHS

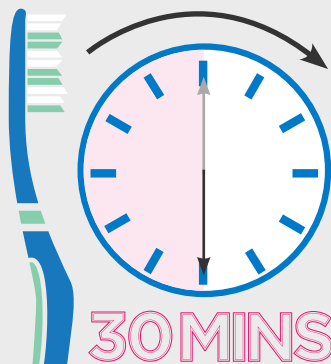


The ideal blob of toothpaste should be **no bigger than a pea**

By brushing for two to three minutes, twice a day, you'll spend over **24 hours every year brushing your teeth.**



Always **floss first**, then brush.



If you use mouthwash, **wait until at least 30 minutes after brushing.** Swill around 20ml (4 teaspoons) in your mouth for 30-60 seconds. If you do this every day, you'll use over a **pint of mouthwash every month.**

