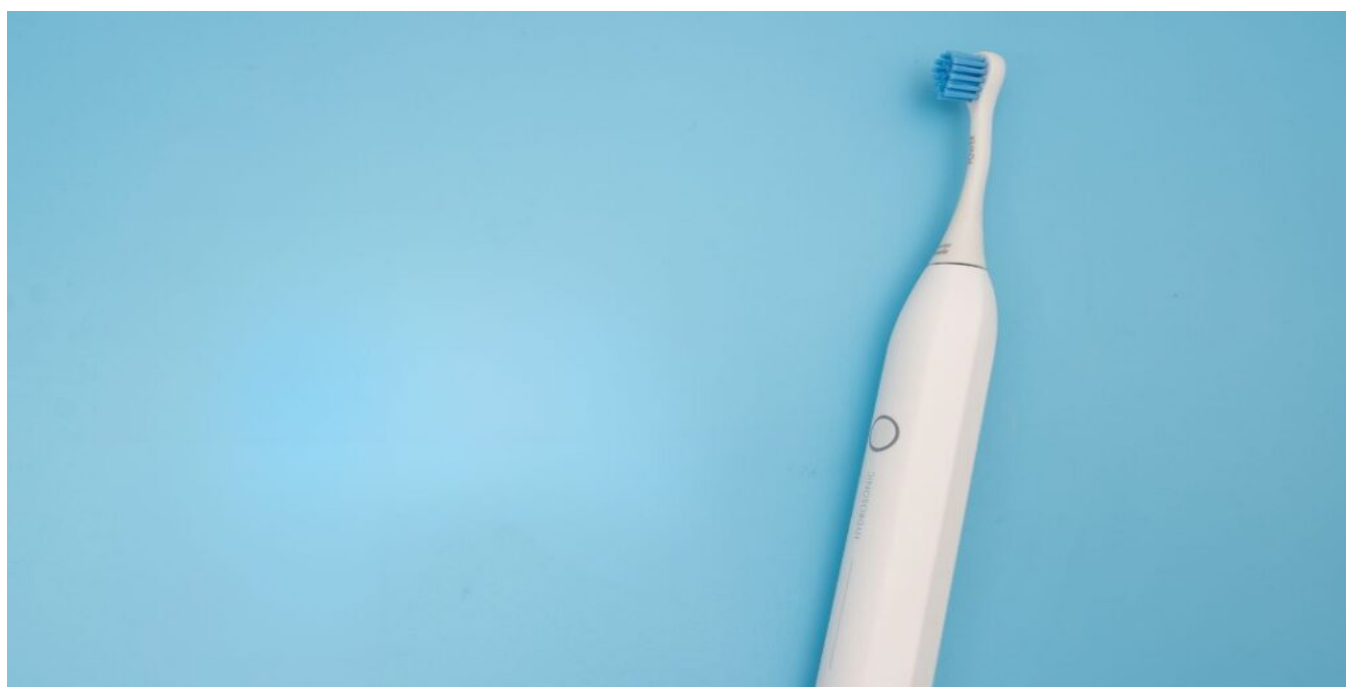




How to instructions

When to replace your toothbrush or electric toothbrush head.



When to replace your toothbrush or electric toothbrush head

To ensure optimum and efficient use, your manual toothbrush or electric toothbrush head should be replaced when the bristles are bent or shaggy. Depending on how many times it is used and how much pressure is applied, manual toothbrush or electric toothbrush heads usually need to be replaced every 3 months.

A good tip is to replace your brush or electric toothbrush head at the start of each new season – that is, on the first day of December, March, June, and September. Pinch and

Brush for the first of the month of any new season.

For instructions on how to use an electric toothbrush on yourself click [here](#), or as a carer please click [here](#).