

## How many times the teeth must be brushed daily? Is it the same for all or not?

Sir,

It has to be said many pathogenic bacteria are present in the mouth.<sup>[1]</sup> Among these, the roles of *Porphyromonas* and *Prevotella* are clearer in oral infections.<sup>[2]</sup> The roles of many bacteria and their products in oral infection are not well understood.<sup>[3]</sup> Most of the dentists advice their patients to brush twice daily<sup>[4,5]</sup> and the patients are also advised about the duration of teeth brushing, which should be at least for 2–4 minutes each time.<sup>[6]</sup> Dental and oral health status in drug abusers is different.<sup>[7]</sup> Also, they may need to give essential attention on oral health, including teeth brushing. Therefore, there are several questions remaining to be answered: Is there any difference in the manner in which a child and an adult should brush their teeth? How many times children should brush their teeth? Is it the same for all children in different parts of the world? What about the adult? If the adult is healthy, the number of times he/she should brush his/her teeth is two times per day. But if they are not healthy individuals, the number of teeth brushing is different and depends on the type of diseases that he/she is involved. The number of times that a smoker should brush his/her teeth also seems to be different. If the patients have different systemic diseases, the number and perhaps the brushing times are also different. I believe that for overcoming the problem, a protocol must be written in order to be clear about the exact comments that are useful

for healthy and non healthy individual people as far as teeth brushing is concerned. If we do so, we could control dental decay and bad smell of breath, and prevent periodontal disease. I believe that good and frequent teeth brushing could contribute to personnel hygiene and public health and health economy too.

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