

Men's Health



You've been brushing twice a day (we hope) since you were a toddler. But are you doing it right? We got in touch with **Dr. Bill Dorfman**, a Los Angeles based dentist, to separate fact from fiction.

You shouldn't brush your teeth in the shower.

False. "There is no bad place to brush your teeth," Dr. Dorfman says. At work, in the restaurant bathroom following lunch, they're all fair game. If pulling out a toothbrush in the bathroom gives you flashbacks to retainer-wearing days in middle school, have [Colgate Wisps](#) on hand to keep things fresh.

You have to visit a dentist every 6 months.

True. Dr. Dorfman says the number one mistake guys make when it comes to teeth is neglect. "Women are so much better at regular checkups and cleanings," he says. "Men tend to wait until it hurts to come in. By then it is usually too late for an easy fix." Stick to the recommended six months, and each visit promises to be more bearable.

Mouthwash keeps teeth clean and white.

False. If you're hoping that a couple swooshes after your morning coffee will keep them sparkling, you'll be disappointed. "Mouthwash with fluoride helps fight decay and mouthwash with ingredients that kill bacteria helps with bad breath," he says. So keep swishing—just adjust your expectations.

Electric toothbrushes are always better.

False. It comes as bit of a shock, but shelling out a few extra dollars on an electric toothbrush from the drugstore isn't necessarily better than using an old fashioned manual brush. Dr. Dorfman says the American Dental Association doesn't give those cheap versions their stamp of approval since flimsy models risk breaking. If you're going to go the electric toothbrush route—and you should—invest in it with the [Sonicare DiamondClean Toothbrush](#).

There's no relief for sensitive teeth.

False. “If you have sensitive teeth you need to brush with a toothpaste containing both fluoride and potassium nitrate,” Dr. Dorfman says. “Fluoride blocks the tubules to insulate temperature changes and potassium nitrate prevents the nerve from being sensitive.” Try [Aquafresh Sensitive Toothpaste](#) to build up your choppers.

—*Moira Lawler*

<http://blogs.menshealth.com/style-news/the-truth-about-teeth/2012/04/09/>