

Switching Your Toothbrush? Dr. Mike Moody Explains How the Wrong Choice Could Harm Your Gums

Uptown Family Dental in Portland, OR urges patients to think twice before switching toothbrush brands, sizes, or bristle types without professional guidance.



Portland, Oregon Aug 14, 2025 ([Issuewire.com](https://www.issuewire.com)) - Changing your toothbrush every three months is a well-known oral care rule. But **Dr. Mike Moody, DDS**, from [Uptown Family Dental](#) warns that *how* you change your toothbrush matters just as much as *when*. The wrong choice in brand, bristle type, or head size could irritate your gums, cause tiny mouth sores, or make brushing less effective.

Did You Know?

The average toothbrush can harbor **over 10 million bacteria** after just three months of use. (*Source: Multiple published dental health studies*)

“People get used to their toothbrush over time,” says Dr. Moody. “If your mouth is accustomed to a certain head size or bristle texture, a sudden change—especially to a harder or larger brush—can scrape delicate gum tissue. That’s why I encourage my patients to discuss their toothbrush choice with me during checkups.”

While bristle comfort is key, bacteria buildup is another major reason for timely toothbrush changes. Research shows that bacteria form biofilms on toothbrush bristles, making plaque removal less effective over time. Signs that it’s time for a replacement include frayed bristles, discoloration, odor, or hardened deposits.

[Dr. Moody’s Tips for Safer Toothbrush Changes](#)

- Stick to **soft bristles** unless your dentist recommends otherwise.
- Choose a head size that comfortably reaches all tooth surfaces without poking gums.
- When switching brands, pick one with a similar bristle feel and handle design to what you’re used to.
- Store your toothbrush upright, away from the toilet and sink splashes.

“Your toothbrush is your mouth’s first line of defense against decay and gum disease,” Dr. Moody adds. “Making the right choice ensures that defense stays strong.”

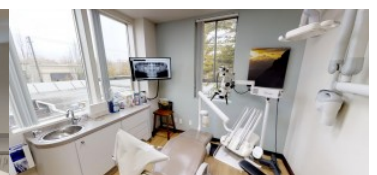
About Uptown Family Dental

Located in Portland’s historic neighborhood, Uptown Family Dental provides comprehensive, personalized dental care for patients of all ages. Led by [Dr. Mike Moody, DDS](#), the practice focuses on preventive care, patient comfort, and long-term oral health.

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