

# SHABBAT: BRUSHING TEETH

## Shabbat: Toothpaste

You may not use toothpaste on Shabbat.

## Shabbat: Water, Tooth Powder, Toothwashing Liquid

You may use water, tooth powder, and toothwashing liquid on Shabbat but, to avoid squeezing the toothbrush bristles, you must put the water or toothwashing liquid into your mouth and not on the brush.

## Shabbat: Rinsing Toothbrush

You may rinse your toothbrush if you will use it again on Shabbat, but don't squeeze out the water.

## Shabbat: Flossing

You may floss your teeth on Shabbat as long as your gums do not bleed.

**NOTE** You may not cut the floss on Shabbat, so it is best to cut it before sunset. Even if you did not cut the floss ahead of time, you can still pull out a length of floss and clean your teeth, but be careful not to cut it off when you are finished.