

# Toothbrush head replacement diary



A fresh head. A simple reminder. A routine worth keeping.

YOUR REMINDER

**Around 3 months**

Replace sooner if bristles are worn or frayed.

Follow your manufacturer or dental team's advice.

Name: \_\_\_\_\_ Year: \_\_\_\_\_

Toothbrush make / model: \_\_\_\_\_

Brush-head type: \_\_\_\_\_

Write dates as DD / MM / YYYY. Each row records one brush head.

| New head fitted | Planned reminder | Actually replaced | Notes / reason for changing |
|-----------------|------------------|-------------------|-----------------------------|
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**Set a reminder when you fit a new head.**  
Check the bristles before that date, and change sooner if needed.

Reference: Oral-B - when to change your toothbrush / head  
Guidance checked 11 October 2026.

Print page 1 for colour or page 2 to save ink. A4 paper, actual size.

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