

# **Brushing teeth on Shabbos/Yom Tov**

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The following steps will allow brushing teeth on Shabbos according to most, if not all, opinions

1. Get a different toothbrush for Shabbos. Preferably one that looks different than your weekday toothbrush
2. Before Shabbos/Yom Tov, dissolve toothpaste in water to make it liquid
3. Put the liquid or mouthwash into the mouth
4. Take the DRY toothbrush and brush the teeth as normal
5. No washing the toothbrush afterwards unless you plan on using it again that day
6. If the gums will definitely bleed then a toothbrush can't be used

There are other opinions that are more lenient than the above guidelines. A shaila should be asked