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.

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