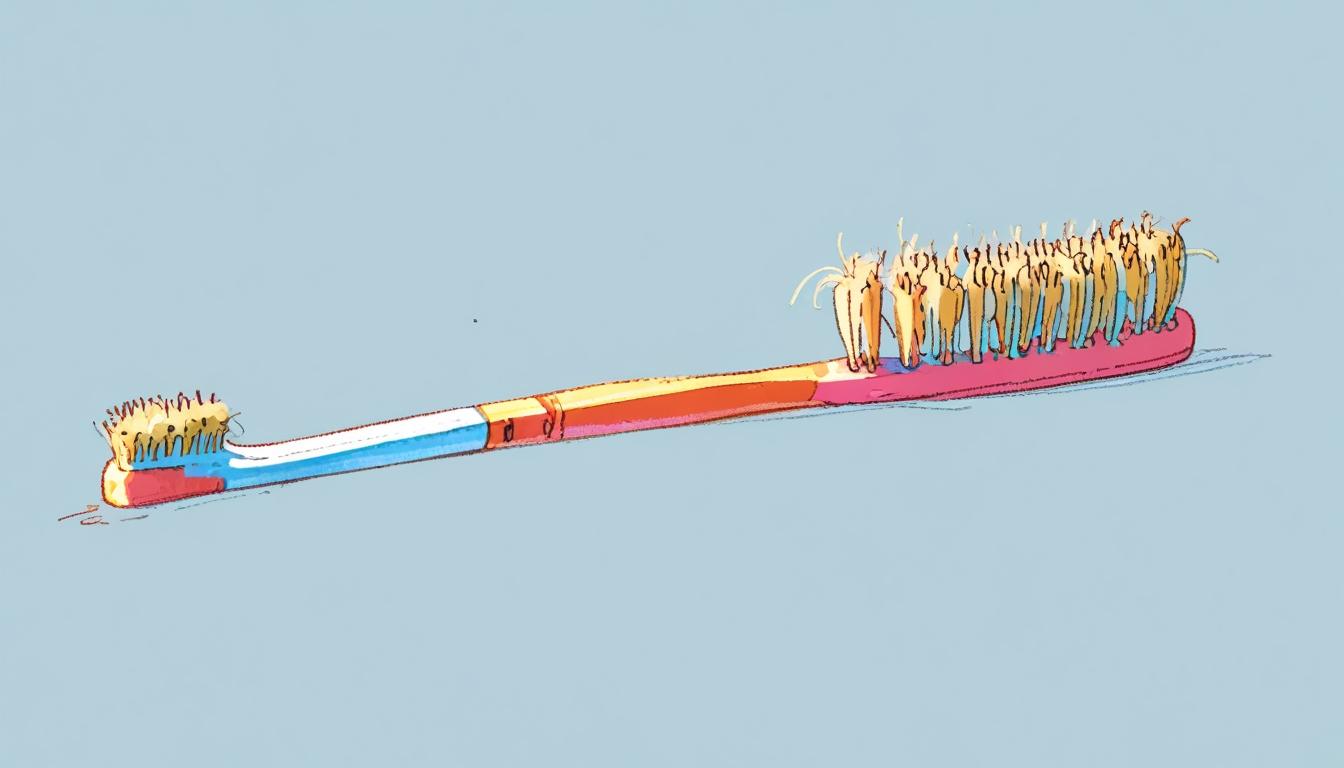
# Dr Sethi warns old toothbrushes, dull razors, and antimicrobial mouthwash may harm your health



Recent advice from gastroenterologist Dr. Saurabh Sethi has drawn attention to three common items in the bathroom that could be detrimental to health: old toothbrushes, dull razor blades, and antimicrobial mouthwashes. In a TikTok video, Dr. Sethi characterised these items as "toxic" and stressed their potential negative impact on wellbeing. His insights warrant further exploration, especially considering the implications for personal hygiene and overall health.

The first item on Dr. Sethi's list is the toothbrush. Alarmingly, he noted that approximately 75% of people fail to replace their toothbrushes within the recommended timeframe of every three to four months. Over time, the bristles can fray and lose up to 30% of their efficacy, leading to inadequate cleaning and the risk of bacterial buildup. A study by the British Dental Health Foundation highlights that failing to change toothbrushes regularly can lead to various oral health issues, including an increased risk of infections. To combat this, individuals are advised to replace their toothbrushes at regular intervals, and children may require more frequent changes due to their vigorous brushing habits.

Equally concerning are dull razor blades. Dr. Sethi warns that using a dull blade can cause ten times more skin irritation compared to a sharp one. Issues such as razor burn, increased ingrown hairs, and heightened risk of cuts and infections arise from the use of blunt blades. When cuts do occur, especially with an unclean blade, there is a significant risk of developing infections. Experts recommend changing razor blades after five to seven uses to ensure an optimal shaving experience and maintain skin integrity. Indeed, the use of rusty or outdated blades can lead to serious skin problems, such as irritation and even severe infections, underscoring the necessity for diligence in blade maintenance.

The third item of concern is antimicrobial mouthwash. While many gravitate towards these products under the impression they are promoting oral health, Dr. Sethi cautions that they may actually harm beneficial bacteria in the mouth, disrupting the gut microbiome. This disruption can have far-reaching effects on digestion and overall health. It’s crucial for consumers to weigh the benefits against potential risks when choosing mouthwash, considering that a balanced microbial environment is essential for a healthy gut.

In light of this advice, individuals may wish to evaluate their bathroom cabinets. Regularly assessing personal care items, especially those that can harbour bacteria or become ineffective over time, is vital for maintaining health. Quoting Dr. Sethi, "Being proactive can make a significant difference in your wellbeing.” Therefore, it is essential for consumers to heed these warnings and make informed decisions about the items they use daily.

In summary, the call to action from Dr. Sethi is clear: regular replacements of toothbrushes and razors, along with cautious use of antimicrobial mouthwash, can significantly enhance personal health. By adopting these practices, individuals not only ensure better hygiene but also contribute to their overall health in subtle yet impactful ways.

### Reference Map

1. Paragraphs 1, 2
2. Paragraphs 2, 3
3. Paragraphs 3, 4, 5

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.express.co.uk/life-style/health/2053826/brits-throw-away-three-bathroom-items> - Please view link - unable to able to access data
2. <https://economictimes.indiatimes.com/magazines/panache/harvard-doctors-urgent-warning-throw-away-3-toxic-items-from-your-bathroom-asap/articleshow/118785224.cms> - Dr. Saurabh Sethi, a Harvard-trained gastroenterologist, warns against three common bathroom items: toothbrushes, razors, and mouthwash. He highlights that 75% of people use their toothbrushes beyond the recommended three months, leading to a loss of up to 30% of cleaning efficiency and bacterial buildup. Dull razor blades cause ten times more skin irritation, and antimicrobial mouthwashes can harm beneficial oral bacteria, disrupting the gut microbiome balance. Dr. Sethi advises replacing toothbrushes every three to four months, razors after five to seven uses, and reconsidering the use of antimicrobial mouthwashes.
3. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/throw-away-these-toxic-items-from-your-bathroom-right-now-expert-suggests/articleshow/118636481.cms> - Gastroenterologist Dr. Saurabh Sethi identifies three bathroom items to discard: toothbrushes, razors, and antimicrobial mouthwashes. He notes that 75% of individuals use their toothbrushes longer than the recommended three months, leading to a 30% decrease in cleaning power and bacterial accumulation. Dull razor blades can cause ten times more skin irritation, and antimicrobial mouthwashes may harm beneficial oral bacteria, affecting the gut microbiome. Dr. Sethi recommends replacing toothbrushes every three to four months, razors after five to seven uses, and reconsidering the use of antimicrobial mouthwashes.
4. <https://michelsendental.com/blog/what-happens-if-you-keep-using-an-old-toothbrush/> - Using an old toothbrush can lead to bacterial buildup, with the average brush harboring over a million bacteria particles. This reintroduces bacteria into the mouth, increasing the risk of infections. Additionally, mold can develop on toothbrushes, especially if stored in damp conditions. It's recommended to replace toothbrushes every three months to maintain oral health and prevent potential health issues.
5. <https://dentistry.co.uk/2011/06/13/old-toothbrushes-are-a-severe-health-risk/> - Dr. Nigel Carter, CEO of the British Dental Health Foundation, emphasizes the importance of replacing toothbrushes every three months to prevent them from becoming breeding grounds for bacteria. Studies have shown that nearly two-thirds of the population fail to change their toothbrushes as recommended, leading to potential oral health problems. Regular replacement helps prevent re-infection and maintains effective oral hygiene.
6. <https://theglossylocks.com/shave-with-a-rusty-razor/> - Shaving with a rusty razor blade can lead to serious skin issues, including irritation, ingrown hairs, and infections like staph and cellulitis. Rusty blades tug at the skin rather than cutting smoothly, causing damage and increasing the risk of infection. To maintain skin health, it's advisable to replace razor blades regularly and avoid using rusty or dull blades.
7. <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/throw-away-these-toxic-items-from-your-bathroom-right-now-expert-suggests/articleshow/118636481.cms> - Gastroenterologist Dr. Saurabh Sethi identifies three bathroom items to discard: toothbrushes, razors, and antimicrobial mouthwashes. He notes that 75% of individuals use their toothbrushes longer than the recommended three months, leading to a 30% decrease in cleaning power and bacterial accumulation. Dull razor blades can cause ten times more skin irritation, and antimicrobial mouthwashes may harm beneficial oral bacteria, affecting the gut microbiome. Dr. Sethi recommends replacing toothbrushes every three to four months, razors after five to seven uses, and reconsidering the use of antimicrobial mouthwashes.