You can prevent this!
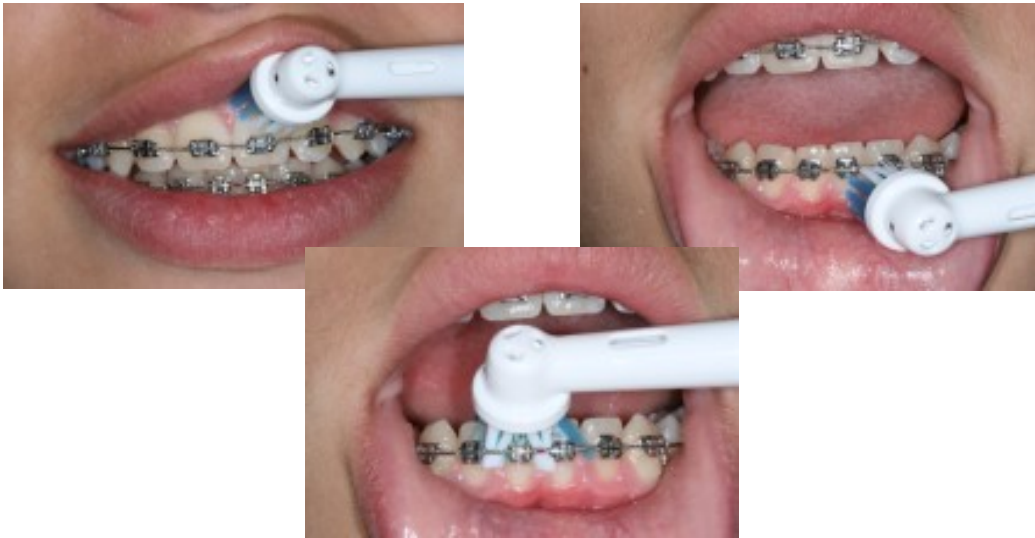
Try these techniques to help you!

Mechanical Toothbrush

Proxy Brush