

# Are bidets more hygienic than toilet paper?

A bidet offers several advantages over toilet paper in terms of hygiene, environmental impact, cost, and comfort:

## 1. Improved Hygiene

**Thorough Cleaning:** Bidets provide a more thorough cleaning by using a stream of water, which effectively removes fecal matter and bacteria. This reduces the risk of infections and irritation.

**Less Irritation:** Water is gentler on the skin compared to the friction of toilet paper, reducing the risk of irritation, especially for people with sensitive skin or conditions like hemorrhoids.

## 2. Environmental Benefits

**Reduced Paper Use:** Using a bidet significantly decreases the need for toilet paper, leading to less paper waste. This helps conserve trees and reduce the energy and water used in the production of toilet paper.

**Lower Carbon Footprint:** The production and transportation of toilet paper have a notable carbon footprint. A Bidetsy can be more environmentally friendly over time.



## 3. Cost Savings

**Short-Term Savings:** You don't need a plumber to install a bidet, simply order a Bidetsy and place it next to your toilet.

**Long-Term Savings:** A Bidetsy reduces the ongoing expense of buying toilet paper or repeatedly installing a bidet. Over time, this can lead to significant savings.

**Less Plumbing Issues:** Bidets can help prevent plumbing problems caused by excessive toilet paper use, such as clogs and septic tank issues, potentially saving money on plumbing repairs.

#### 4. Enhanced Comfort

**Comfortable Cleaning:** Many people find the gentle spray of a bidet to be more comfortable than wiping with toilet paper. This is particularly beneficial for people with mobility issues or those recovering from surgery.

**Adjustable Features:** Modern bidets often come with features like adjustable water temperature and pressure, making the experience more customizable and comfortable.

#### 5. Health Benefits

**Better for Skin:** Regular use of a bidet can help prevent skin irritation and infections, providing a gentler alternative to toilet paper.

**Reduces Health Risks:** Using water to clean can help reduce the risk of UTIs and other infections that can be exacerbated by improper cleaning with toilet paper.

#### Summary

Overall, a bidet offers superior cleanliness, is better for the environment, can save money in the long run, provides greater comfort, and has health benefits that make it a preferable option to toilet paper.