When to run Cleaners and Anti-Malware Software

If you follow these suggestions, you will stand an above average chance of ensuring "nasties" are kept out of your computer, and that your system stays running relatively speedily.

The programs referred to are the ones covered in our other information sheets. If you want similar advice for other programs, please ask.

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Once a Day (CCleaner)

Run a Disk Cleanup program. Be aware that the first time you run it, it may take a long time –   particularly on older systems. After that it should take a few minutes normally. The current version will   run in the background, and inform you when a general clean is recommended

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Once a Week (Superantispyware, Malwarebytes and ADWCleaner)

Run an Anti-Malware program. Before running them make sure you update the program, to get the latest definitions of what it checks for.

Vary which one of the programs you run, a different one each week. Best is to run the FULL test – the shorter tests are better than nothing, but always run the full test occasionally.

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Once a month Anti-Virus (Defender, or MSE for older systems)

When you install an Anti-Virus program, it will install itself and run continuously in the background – and   will update itself automatically when you connect to the internet. In addition, run a full scan with your Anti-Virus program every month.

Once a month Wise Disk Cleaner

This is a bit more "in-depth than CCleaner, so run it less often.

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Once every 3-6 months Windows XP only (Built-in to Windows)

Run the Windows defragmentation program. Later versions of Windows defrag automatically.

DO NOT DEFRAG SSD DRIVES – Win 10 should prevent this – XP needs special attention

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Once every 3-6 months (Windows Disk Cleanup - built-in to Windows)

Run the built-in Windows Disk Cleanup program. Use the option to clean up Windows system files and all   the old restore points except the latest.

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When you uninstall software (Revo)

Use the Revo uninstall program. If the uninstall routine asks you to restart your system before Revo is complete – DO NOT DO SO. Finish the Revo phases – then restart your system.

After you run installers also do a Disk Cleanup – and consider a Registry Clean too (but heed the   warnings about using Registry Cleaners (below))

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Never (well almost never !)

Don't run Registry Cleaners (even the recommended ones), unless you are totally sure what you are doing, or an experienced person advises you to – and is prepared to clear up if things go wrong!

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Please read other information sheets on how to obtain and use the above software

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