

MANUAL VERSUS ELECTRIC TOOTHBRUSHES

TOOTHBRUSHES:

Do you ever get that overwhelming feeling when you look at the dental section of a supermarket or pharmacy? This newsletter will help you find that special toothbrush that is best for you!

Which is better: electric toothbrushes or manual toothbrushes?

Research and clinical studies have proven that electric toothbrushes are more effective at plaque and food removal in difficult areas. It is also very beneficial for people who struggle to clean because of:

- Difficult access to wisdom teeth
- Small mouth
- Braces
- Over-zealous brushing and toothbrush abrasions
- Fast-forming calculus and high decay rate/risk
- It has a better grip for people with arthritis or problems with their dexterity

Available to purchase at Hartwell Dentistry we have the top of the range Oral B Professional Care 5000 electric toothbrushes. With several modes, 'deep clean', 'massage' and 'whitening', helping to achieve an optimal clean for your teeth and gums.

Apart from cleaning your teeth effectively, an electric toothbrush also has set intervals to tell you how long you have brushed for.

If electric toothbrush is not for you, then it is important to know what type of manual toothbrush you should be using:

- Ultra-soft or soft bristles are less traumatic to your teeth and gums
- Small head, ideally with a slightly curved head

Hartwell Dentistry provides a CuradenSwisse toothbrush. It has a small but dense head of soft bristles ensuring that plaque removal is optimised

It is recommended to replace toothbrushes every 2-3 months – basically when the seasons change, the toothbrush is changed! A film of bacteria forms over your brush in the 2-3 months that you use it. This film of bacteria cannot be seen by the human eye - so whether it looks pristine or not, it should be changed every 2-3 months!

Gum recession occurs when a rough up-and-down or back-and-forth motion is used. If using a manual toothbrush, using an ultra-soft or soft-bristled toothbrush and brushing in a circular motion can prevent recession.

An easy solution to preventing gum recession is using an electric toothbrush. Electric toothbrushes brush in a circular motion (preventing you from scrubbing your gums), and some have sensors, which tell you if you are pressing too hard!

Choosing the right toothbrush and knowing the correct techniques in using them are important in managing the long-term health of your teeth and gums.

The professionals at Hartwell Dentistry are knowledgeable in the many types of products that you can use, and can help you with your tooth brushing technique.

Next time when you come in, do not hesitate to ask us about choosing your ideal toothbrush! It can make all the difference.