

Electric Toothbrush

Electric toothbrush popularity increases

Electric toothbrushes have become more popular for a variety of reasons. They do a good job of reducing stains, removing plaque, and disrupting the bacteria that cause tooth decay and gum disease. Electric toothbrushes can be easier to manage than a manual toothbrush, and they are fun to use.



Brush the outside of each tooth



Bristles move many directions

How to brush with an electric toothbrush

No matter why you have chosen an electric toothbrush, it is important to use it correctly.

Make sure the brush head has soft bristles because these are kinder to your teeth and gums.



- ❖ Apply a pea-sized amount of fluoride toothpaste.
- ❖ Place the toothbrush in your mouth, and close your lips slightly to prevent splattering. Hold your jaw in a relaxed, open position so you can reach all tooth surfaces.
- ❖ Center your brush on the gumline, and angle the bristles according to the manufacturer's directions. Turn on the toothbrush, holding it gently against the tooth and gumline for a few seconds. Do not press hard; let the toothbrush do the work. Then, move to the next tooth.
- ❖ Make sure you brush the insides and outsides of each tooth, including the backs of the front teeth, and all the chewing surfaces.
- ❖ Your brushing routine should last at least 2 minutes. To help you, electric toothbrushes often have built-in timers.

When to brush

Your brushing schedule is important, too. Brushing after breakfast cleans away the morning's food debris. Brushing your teeth before bedtime protects your teeth all night.

Ask us if you have any questions about using your electric toothbrush. We are happy to offer tips for better brushing and having a clean, fresh, healthy mouth.