

Toothbrushes

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The media is full of "new and improved" advertising for the common toothbrush, so it's no wonder that many of you ask us which products are best. Here are our responses to your most frequently asked questions.

"What toothbrush is best to use?"

When choosing a toothbrush, base your decision on which one fits best for the size and shape of your mouth. The *head* of the toothbrush should be small enough to easily reach the back of your mouth and the inside of your teeth. The *handle* should fit comfortably in your hand and allow you to easily grasp it between your thumb and fingers for maximum brushing movement. Always use a toothbrush with soft *bristles*, because those with medium or hard bristles are much too abrasive to the gum tissues. Many toothbrush manufacturers claim that their brush is the best plaque remover, but in reality, it is up to you to remove the plaque by brushing your teeth thoroughly and regularly. Finally, if everyone in your home stores his or her toothbrush in the same place, select a different color for each person to avoid inadvertently sharing the same toothbrush.

"Should I use a manual or electric toothbrush?"

Electric toothbrushes will actually do the work for you, and possibly do a better job than you could do yourself using a manual brush. We feel the Sonicare brush is the superior toothbrush. The Sonicare electric toothbrush removes plaque 2-3mm beyond the reach of ordinary toothbrush bristles. It generates 31,000 brush strokes per minute, which is 100 times faster than you can manually brush, so it can remove twice as much plaque between the teeth and the gums than can manual brushing. Because the Sonicare electric toothbrush can remove more plaque than you can, you get a cleaner, bacteria-free mouth, which eliminates bleeding gums and promotes healthy gum tissue, which is the best way to retain good oral health, and prevent dental problems in the future.

"How often should I change my toothbrush?"

Our recommendation has always been to change your toothbrush as soon as the bristles begin to fray and wear, usually every three to four months. However, new research suggests that you change your toothbrush every six weeks to minimize the growth of bacteria that can make you sick. Your toothbrush harbors bacteria and germs, so using it too long reintroduces the bacteria back into your body every time you brush. Make it a rule to change your brush every six weeks and after recovering from an illness.

Research and technology are constantly finding better ways to care for teeth so that they can last you a lifetime. If you have any questions about your oral health, ask us when you come to your next visit, or give us a call at either office. Remember, we are here to help. ●

Choose the right one for you

