Electric Toothbrush

Electric toothbrushes have become more and more popular for a variety of reasons:

- They do a good job of removing plaque and stains.
- They can be easier to manage than a manual toothbrush.
- They are fun to use.

No matter why you've chosen an electric toothbrush, it's important to use it correctly.



Many brands are available



Let the toothbrush do the work



Brush twice a day

How to brush with an electric toothbrush

Make sure the brush head has soft bristles, and apply a pea-sized amount of fluoride toothpaste.

Put the toothbrush in your mouth, and close your lips slightly to prevent spattering. Hold your jaw in a relaxed, open position so you can easily reach all tooth surfaces.

Angle the brush against a tooth at about a 90-degree angle, then turn the toothbrush on, holding it gently against the tooth and gum for a few seconds. Don't press hard—let the toothbrush do the work. Then move to the next tooth.

Brush all of your teeth in any regular pattern you like. However, since inside teeth often get less attention, you might try starting with the inside upper teeth, and then the inside lower teeth. Move to the chewing surface and outside of the lower teeth. Lastly, brush the chewing surface and outside of the upper teeth.

Your brushing routine should last about two minutes. If your electric toothbrush has a timer, use it to help ensure that your brushing is thorough and complete.

Make sure you brush twice a day, and don't forget to floss.

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