



## **The Benefits of Using an Electric Toothbrush**

### **Does an electric toothbrush really clean your teeth better than a manual toothbrush?**

YES!!! Research shows that electric toothbrushes with an oscillating and rotating action are just as gentle AND are more effective than manual toothbrushes in reducing the damage caused by plaque and/or gingivitis.

Studies show that most Americans who use a manual toothbrush only brush for 30-60 seconds. Unfortunately, this amount of brushing time is half of what is recommended by dentists, as 30-60 seconds is not nearly long enough to enable the fluoride in toothpaste to work properly. Most electric toothbrushes come with a two-minute internal timer and are able to reach hard to clean areas better than many of us tend to do with a manual brush. The internal timer ensures longer brushing times and a better surface cleaning to promote maximum oral health.

### **Benefits of using an electric toothbrush on a person's overall health:**

Often, issues with your oral health can be an indicator and directly affect your overall health. Some conditions, such as diabetes, cancer and heart disease, require that you pay special attention to your teeth and gums in order to better maintain health. Regular daily use of an electric toothbrush will provide a better cleaning and increase the removal of bacteria, thereby helping you in your quest for improved overall health.

### **Benefits of using an electric toothbrush to promote healthier gums and whiter teeth:**

When plaque accumulates between the teeth & gums, it can irritate the gum tissues causing gingivitis, the most common form of gum disease. Electric toothbrushes are great stain removers. This is especially important for people who smoke or drink coffee on a regular basis. Electric toothbrushes help eliminate stains caused by tobacco and caffeine. After stains are removed, the underlying whiteness of your smile shines.

### **Benefits of using an electric toothbrush with implants:**

Gum tissue surrounding an implant needs special care and attention. The area needs to be gently but thoroughly cleaned to ensure that your implant is a lasting success. Gentle bristles avoid injury to sensitive gums and sonic technology delivers a deep clean around your implant, especially in the deep hard-to-reach areas.

### **Benefits of using an electric toothbrush with orthodontics:**

Teeth with braces require more time and precision to clean. Teeth with braces must be cleaned thoroughly everyday to keep the teeth and gums healthy during and after orthodontic treatment. Although using an electric toothbrush does not eliminate the use of floss and other interdental cleaners, research has shown superior results in the health of the gum tissue and less staining after the brackets are removed.

### **Benefits of using an electric toothbrush for periodontal improvement:**

Diligent homecare is essential in stabilizing your periodontal health. Your hygienist will help equip you with knowledge and recommend tools to help with your home regimen. We highly recommend using an electric toothbrush to improve the health of your gum tissue. Electric toothbrushes were found to be superior to a manual toothbrush in reducing plaque and sites with gingival bleeding in a periodontal maintenance population.

### **Cost benefits of using an electric toothbrush:**

Everyone can enjoy the benefits of an electric brush with the purchase of just one unit. A family can own one base and have multiple, interchangeable heads to be used for each individual family member. Replacement head prices vary per different brand or model of toothbrush. Depending on use, the brush heads should be replaced every 3-4 months. In addition, a built-in rechargeable battery is convenient and eliminates the cost of frequent battery changes. With proper use and re-charging, an electric toothbrush can provide maximum oral care to everyone in the house for years!

**\*\*Please note: Using an electric toothbrush *does not* eliminate the use of floss and other interdental cleaners.\*\***