

End Tuft Brush & Sulcabrush

Where the product can be purchased & average cost

- End-Tuft Brush and Sulcabrush can be purchased from a variety of stores and online shops. A few examples are;
 - Walgreens
 - Walmart
 - Amazon
 - GUM online
 - Temu
- Prices of End-Tuft Brush and Sulcabrush can vary based on brand and quality, but the average price range is **\$10-30**.

Cautions/limitations for use

As with any other bristled, oral health aid, there is potential for over-brushing. Follow manufacturer's instructions or instructions from your dental hygienist or dentist.

End tuft brushes and Sulcabrushes are only supplementary to regular brushing and flossing.



<https://www.GumBrand.Com/end-tuft-toothbrush-308rqb-205-9.html>

Expected outcomes

- Reduced food, debris and bacterial plaque
- Less likely to develop demineralization under orthodontic appliances
- Minimizes inflammation around newly erupting teeth
- Ensure longevity of dental work (crowns, bridges, implants, etc)
- Encourages better homecare due to ease of use

<https://www.Sulcabrush.com>



Evidence-based resources

Darby M. L. (2020). *Darby and Walsh dental hygiene : theory and practice* (Fifth). Elsevier.

Purpose & indications for use

End-Tufted Brush is the perfect solution for cleaning specific, difficult-to-reach areas. That includes fixed dental appliances like dental implants, crowns and bridges, orthodontic appliances, and areas around crowded teeth.

Sulcabrushes are also used in postsurgical care and periodontal therapy. The single-tufted, tapered head of the End Tuft toothbrush allows it to navigate problem areas such as interdental spaces from receding gums and missing molars with ease.

Method of use/mode of action

1. Place the tip of the sulcabrush marked **OUTSIDE** along the edge of the gum line where the tooth and gum meet. Brush from tooth to tooth in wave-like motions along the gum line in a circular motion between teeth.
2. Place the tip of the brush marked **INSIDE** along the edge of the gum line on the tongue side where the tooth and gums meet. Brush from tooth to tooth using wave-like motions along the gum line and in circular motions between teeth.
3. The far back part of your teeth is best brushed using the sulcabrush side marked **INSIDE**.
4. When the sulcabrush bristles wear out and go from a pointed shape to an umbrella shape, it is time to replace the sulcabrush replacement tips with new ones.



Hancock, E. B., Brown, C. M., & Wolfe, T. J. (1991). A clinical evaluation of the Sulcabrush. *Clinical preventive dentistry*, 13(1), 18–22.

Sasha, Staff, K., Posted by Charlotte Wilson on 11th Jan 2022, Posted by Yalili on 25th Oct 2020, Posted by Anne Santora on 6th May 2020, Posted by Valerie A Leveroni Corral on 30th Oct 2019, ... Posted by Madeleine Palo on 11th Jan 2015. (n.d.). Sulcabrush - double sided end-tufted toothbrush.

<https://www.kleenteeth.com/sulcabrush-double-sided-end-tufted-toothbrush/>

Tough Enough (2006, April 3). RDH Magazine. <https://www.rdhmag.com/pathology/periodontitis/article/16409117/tough-enough>

5. For good results brush once a day. To achieve ideal results, use the brush twice a day after using a regular toothbrush.

Video demonstration link

End Tuft Brush:

https://www.youtube.com/watch?v=1c7MmGpC0BA&ab_channel=ehowhealth

Sulcabrush:

https://www.youtube.com/watch?v=e2WIt6IvWhE&ab_channel=AccessDentalCare



