

TOOTHBRUSHING METHODS



PURPOSE & INDICATIONS FOR USE

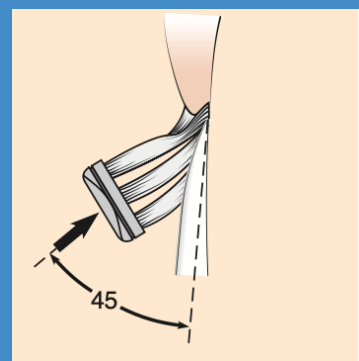
- Mechanical removal of biofilm and food debris
- Fluoride application
- Prevention of oral diseases (Denzier et al., 2019)

METHOD OF USE/MODE OF ACTION



The Bass

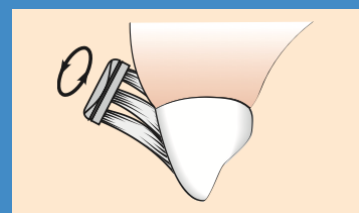
Toothbrush is angled at a 45 degree angle toward the gingiva insuring that the bristles are inserted into the sulcus. Used for sulcular cleaning, perio health and maintenance (Darby & Walsh, 2014, p. 400-401).



(Darby & Walsh, 2014, p. 401)

The Charter

Toothbrush is angled at a 45 degree angle toward the crown of the tooth. Used for ortho and fixed prosthetic appliances. (Darby & Walsh, 2014, p. 400-401).



(Darby & Walsh, 2014, p. 401)

The Fones

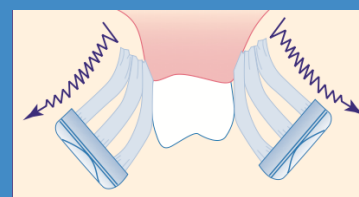
Bristles are perpendicular to tooth and are activated in a circular motion. Only recommended for young children with primary teeth (Darby & Walsh, 2014, p. 400-401).



(Darby & Walsh, 2014, p. 401)

The Stillman

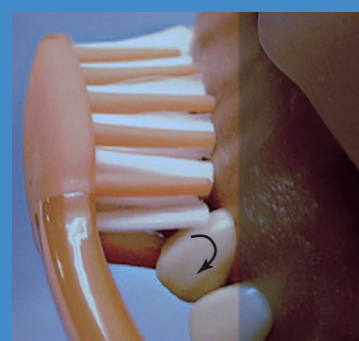
Toothbrush is angled at a 45 degree angle toward the gingiva, similar to the Bass method but outside of the sulcus. Used for recession and gingival stimulation (Darby & Walsh, 2014, p. 400-401).



(Darby & Walsh, 2014, p. 401)

The Roll Stroke

Bristles are directed apically and activated in a rolling motion towards the occlusal. Used in conjunction with Bass, Stillman, and Charter methods (Darby & Walsh, 2014, p. 400-401).



(Darby & Walsh, 2014, p. 401)



VIDEO DEMONSTRATION LINK

<https://www.youtube.com/watch?v=rqAdceHE5CI>



WHERE THE PRODUCT CAN BE PURCHASED & AVERAGE COST

Average cost for a pack of 4 manual toothbrushes is about \$3 (Walmart, n.d.).

Can be purchased at your local convenience store.



CAUTIONS AND LIMITATIONS FOR USE



Avoid using medium to hard toothbrushes as these can cause gum irritation and teeth sensitivity (Denzier et al., 2019).

EXPECTED OUTCOMES

When used twice a day for 7 days a week you will notice a healthier periodontium (Denzier et al., 2019).



REFERENCES

Darby & Walsh. (2014). *Dental Hygiene Theory and Practice*.
Chapter 23: Toothbrushing. Elsevier.

Deinzer, R., Margraf-Stiksrud, J., Petker, W., Weik, U. (2019).
Oral cleanliness in daily users of powered vs. manual
toothbrushes – a cross-sectional study. *BMC Oral Health*.
<https://doi.org/10.1186/s12903-019-0790-9>

Walmart. https://www.walmart.com/browse/personal-care/toothbrushes/1005862_1007221_2709578), 1–9.