

Power Toothbrushes

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The most popular are the Sonicare and the Oral-B brushes



Purpose:

The purpose of power toothbrushes is to remove plaque and debris from our teeth. It is recommended that they are used for at least 2 minutes twice a day.



How to use a power toothbrush:

Place the electric toothbrush head at a 45-degree angle to the gum line. The bristles should cover your teeth and gums equally. Start with a section of the mouth and brush all surfaces per section. Each tooth should be brushed 5-10 seconds.

WATCH THIS HELPFUL VIDEO HERE:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=SBETJNUWWJC](https://www.youtube.com/watch?v=sbetjnuwwjc)

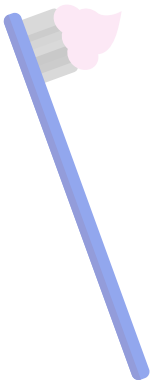
Where can it be Purchased? Cost?

Electric toothbrushes can be purchased online and in stores. Electric toothbrushes range in price from anywhere from \$40 and can reach up to \$160 or higher.

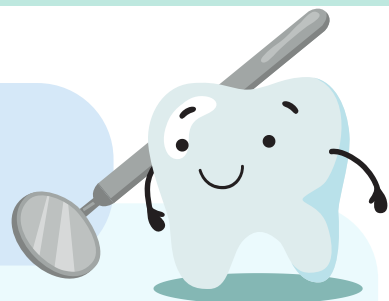


Cautions & Limitations for Use:

A study concluded that they can wear away dentin, causing hypersensitivity and risk of caries. However, this could be due to brushing with too much force (Wadyka, 2020). They can be damaged if dropped or submerged in water. People may also hesitate to use them because of the higher cost and the need to consistently charge it.



Expected outcomes:



According to research, electric toothbrushes have been able to remove 60% more plaque than manual toothbrushes, remove Candida, and reduce the risk of gingivitis (Ng et al., 2020). Electric toothbrushes are able to remove surface stains and are capable of cleaning and polishing teeth safely and effectively (Ng et al., 2020).

By using electric toothbrushes, one may achieve better oral care and oral hygiene in a safe manner, due to the ability of the electric toothbrushes effectively and efficiently removing plaque and stains.

References:

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- Wadyka, S. (2020, January). Should you use an electric toothbrush or a manual toothbrush?. *Consumer Reports*. <https://www.consumerreports.org/health/toothbrushes/electric-toothbrush-or-manual-a3193343159/#:~:text=A%202017%20study%20published%20in,and%20can%20hike%20cavity%20risks>.