

MANUAL TOOTHBRUSHES

PURPOSE & EXPECTED OUTCOMES



(News-Medical, n.d.)

To effectively remove plaque biofilm, while avoiding any damage to soft or hard oral tissues.

(Boyd et al, 2021)

INDICATIONS FOR USE



Allows controlled brushing force beneficial for people with sensitive teeth or gums, epileptic seizures, sound sensitivity, and those recovering from dental procedures

(Ng et al, 2020)



Ideal for teaching children brushing techniques

CAUTION & LIMITATIONS

Avoid aggressive pressure when brushing, may result in soft tissue trauma, gingival recession, and/or tooth abrasion.

Be cautious when brushing around areas with inflammatory oral lesions, sites of dental extractions, or periodontal surgery sites.

(Boyd et al, 2021)

WHERE CAN YOU FIND THEM?

Online websites

Grocery stores

Medical Stores



TOOTH BRUSH DESIGNS

PTBs		MTBs	
Arm & Hammer Sonic (PTB) Bilevel, separated tufts/rectangle		Biotene (MTB) Flat	
Oral-B Pulsar (PTB) Multilevel		Oral-B Stages mixed dentition (MTB) Angled	
Sonicare Elite Standard (PTB) Rippled		Oral-B Advantage Plus (MTB) Multilevel	
Oral-B Power Stages 3+ (PTB) Bilevel, round angled		Butler Gum (MTB) Rippled	

(Bayne et al., 2013)

It is recommended to use soft bristled toothbrushes to help avoid tooth abrasion and gingival recession

METHODS OF USE

Horizontal toothbrushing

Vertical Toothbrushing

Circular Technique

The Bass Technique

The roll Technique

VIDEO DEMONSTRATION:

<https://youtu.be/NFGXSS1pXrY?si=dwcB8XrZV6DebSMR>

SOURCES

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