

# POWER BRUSH

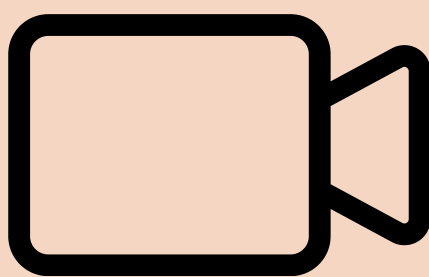
Philips Sonicare ProtectiveClean 6100



URL

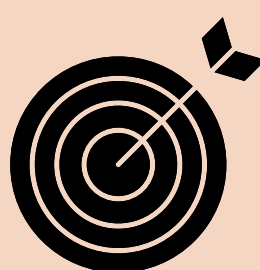
## Video Link

Philips Sonicare ProtectiveClean electric toothbrush 6100| How to use



## Method for use

- **Wet the brush and apply a pea-sized amount of toothpaste.**
- **Hold the brush at a 45° angle to your gum line.**
- **Glide brush gently across all tooth surfaces.**
- **Let the vibrations clean avoid scrubbing.**
- **Brush 2 minutes (30 seconds per quadrant).**
- **Use twice daily, morning and night.**



## Indications

- **Better Cleaning:** Removes more plaque, cleans hard-to-reach areas, and ensures proper timing. (Digel et al., 2020)
- **Improved Technique:** Sensors prevent over-brushing and promote better habits.
- **More Motivation:** Apps track progress and encourage consistency.
- **Enhanced Focus:** Helps target problem areas and keeps kids engaged.

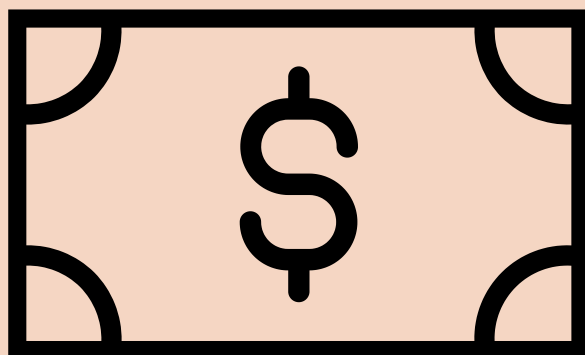


## Purchase and cost

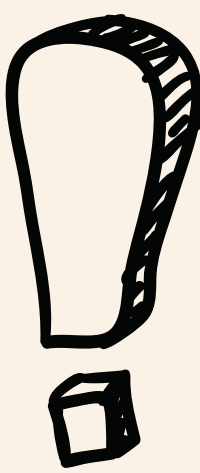


**Philip official website, Amazon, Target, Costco and Walmart**

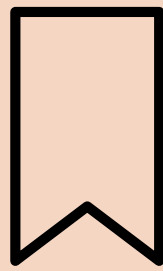
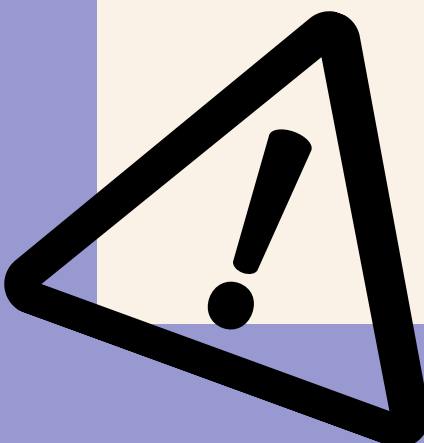
- **Average cost:** \$129.96



## Cautions/limitations



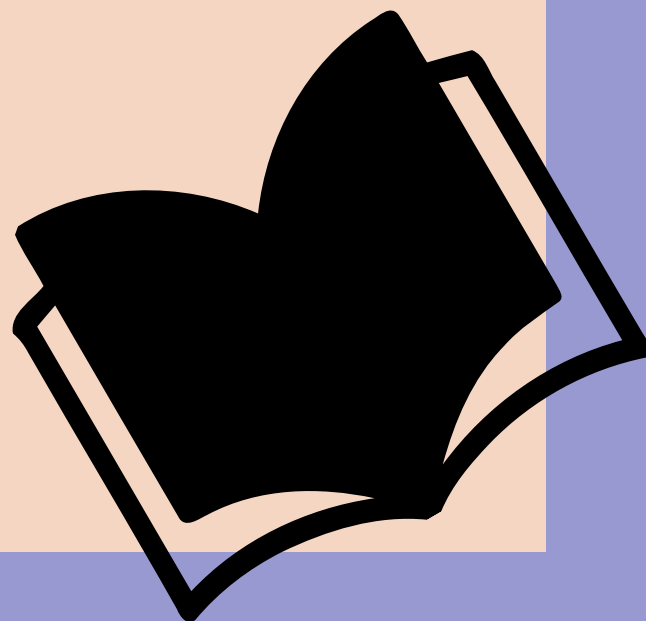
- **Cost:** Cost more upfront but are worth it for many
- **Intensity:** The strong vibrations may take time to get used to, especially for kids or sensitive teeth



## References

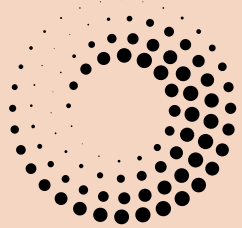
Oral B vs. Sonicare Toothbrushes: A Family Dentist’s Guide. (2024, March 27). *Beaver Brooke Dental*. <https://www.beaverbrookefamilydental.com/blog/the-pros-and-cons-of-oral-b-and-sonicare-electric-toothbrushes/>

Digel, I., Kern, I., Geenen, E. M., & Akimbekov, N. (2020). Dental Plaque Removal by Ultrasonic Toothbrushes. *Dentistry Journal*, 8(1), 28. <https://doi.org/10.3390/dj8010028>



Oral-B iO Series 5 Rechargeable Electric Toothbrush

URL



Indications

- **Better Cleaning:** Results in “greater plaque removal and gingival health improvements” compared to manual and sonic options (Adam, 2020). More effective at lowering plaque levels than other oscillating brushes (Polak et al., 2024).
- **Improved Technique:** Time, pressure, and habit sensors allow for better brushing.
- **Easy to Use:** Micro-vibrations and oscillating motion eliminate high dexterity requirements.
- **Personalized:** Interactive display keeps it fun for kids, and five Smart Modes allow for specialized cleaning.



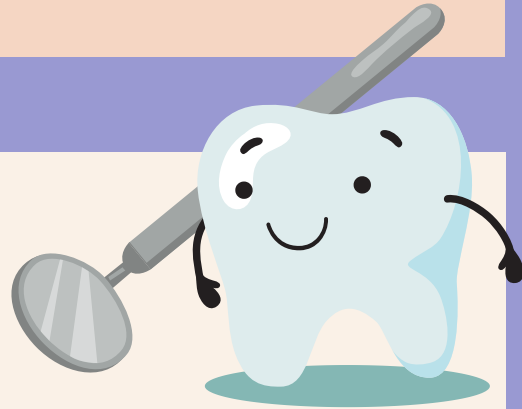
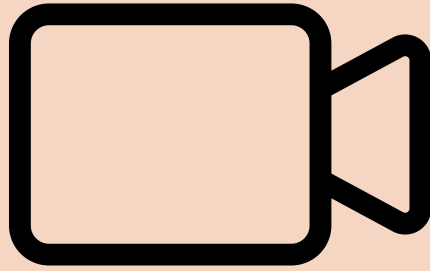
Cautions/limitations



- **Cost:** Higher-end price, but can last years
- **Noise:** Oral-B toothbrushes can be louder than the average electric toothbrush.
- **Round Brush Head:** A small circle that is an unusual shape compared to traditional brush heads.

Video Link

[How to Brush with an Oral-B iO](#)



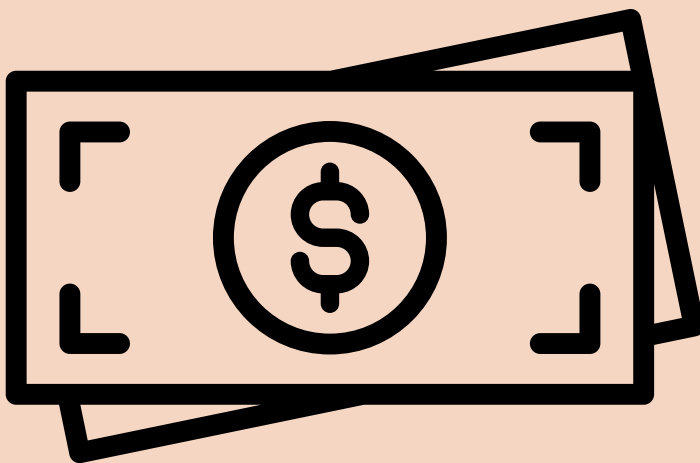
Method for use

- **Optional:** connect to the Oral-B app
- **Hold the brush at a 45° angle to your gum line.**
- **Glide brush gently across all tooth surfaces.**
- **Let the vibrations clean avoid scrubbing.**
- **Brush 2 minutes (30 seconds per quadrant).**
- **Use twice daily, morning and night.**

Purchase and cost

**Oralb.com, Amazon, Target, Best Buy, Walmart**

- **Average cost:** \$119.99



References

Adam R. (2020). Introducing the Oral-B iO electric toothbrush: next generation oscillating-rotating technology. *International dental journal*, 70 Suppl 1(Suppl 1), S1–S6. <https://doi.org/10.1111/idj.12570>

Polak, A. L., Wiesmüller, V., Sigwart, L., Nemec, N., Niederegger, L., & Kapferer-Seebacher, I. (2024). Cleansing efficacy of the electric toothbrush Oral-B® iO™ compared to conventional oscillating-rotating technology: a randomized-controlled study. *Clinical oral investigations*, 28(9), 493. <https://doi.org/10.1007/s00784-024-05882-1>

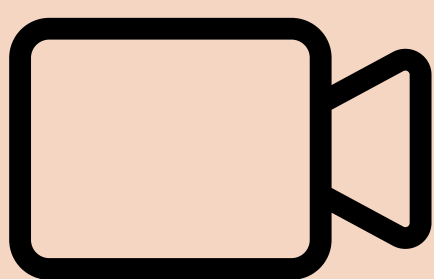
Quip Electric Toothbrush



URL

Video Link

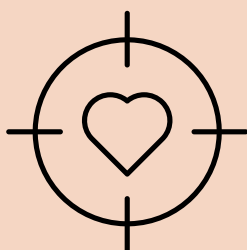
[How To Use An Electric Toothbrush](#)



Method for use



- **Apply a pea-sized amount of toothpaste.**
- **Hold the brush at a 45° angle to your gum line.**
- **Glide it gently across your teeth with light pressure.**
- **Let the sonic vibrations do the cleaning.**
- **Use twice daily—morning and night**



indications

- **Better Cleaning:** when using an electric brush, there is at least a “small effect of a [power toothbrush] over [a manual toothbrush]” (Thomassen, 2022).
- **Improved Technique:** Timer helps with brushing for an adequate amount of time
- **Affordable:** With prices as low as \$25, easy entry into electric options
- **Subscription Service:** Getquip.com has refill plans for their users that deliver new brush heads every 3 months.



Purchase and cost

Quip official website, CVS, target, Walmart

Average cost: \$30



Cautions/limitations



- **Battery Operated:** Water-resistant but can be damaged or corroded over time.
- **Pressure:** With no pressure guide and a vibrating brush head, it can be easy to overbrush and irritate the gums.
- **Vibrations:** The handle vibrates more than the brush head, which can be an interesting hand sensation and lead to a weaker clean.

References

Thomassen, T. M. J. A., Van der Weijden, F. G. A., & Slot, D. E. (2022). The efficacy of powered toothbrushes: A systematic review and network meta-analysis. *International journal of dental hygiene*, 20(1), 3–17.  
<https://doi.org/10.1111/idh.12563>

