



<https://www.todaysrdh.com/research-26-different-manual-toothbrushes-tested-for-efficacy/>

Manual Toothbrushes

PURPOSE/USE

- Removes plaque, debris, and biofilm
- Use 2x daily for 2 minutes each session
- Use if food debris is present
- Apply toothpaste to the toothbrush, brush teeth and gumline using a 45 degree angle (Darby & Walsh, 2014)

BRISTLES

- Recommended to use soft rounded bristles
- A study found that softer, longer filaments with more flexibility are better at removing plaque. Additionally, smaller heads are more effective (Axe et al., 2023).



<https://readytosmile.com/which-toothbrush-is-best-extra-soft-vs-soft-vs-medium-vs-hard/>

REFERENCES

Axe, A., Mueller, W. D., Rafferty, H., Lang, T., & Gaengler, P. (2023, October 25). *Impact of manual toothbrush design on plaque removal efficacy*. PubMed.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10601269/>
 Walsh, M., & Darby, M. (2014). *Dental Hygiene - Theory and Practice Fourth Edition*. Elsevier.

YouTube video:

<https://youtu.be/v24w9wnplsk?si=kCVwEg2m4g3KdfNO>

Choose your brush heads based on color, firmness and function

*All Oclean brush heads refills are compatible with all Oclean toothbrushes

	Gum Care	Daily Clean						Plaque Cor
	PIS12 New	PW03	PW07	PW09	P2S1	P2S5 New	P2S6 New	P3
	Extra Soft	Soft						Medium

<https://www.oclean.com/blogs/sonic-electric-toothbrush-tips/soft-medium-hard-toothbrushes-whats-right-for-you>

CAUTION

- Replace when worn and frayed
- Replace every 3 months
- Brushing roughly can injure soft tissue and lead to recession. Common on anteriors, especially canines (Darby & Walsh, 2014)

WHERE TO PURCHASE/COST

- \$4-15, affordable
- Can be bought online or at grocery stores