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Toothbrushing Methods!

PURPOSE

Mechanical removal of oral biofilm for plaque control. Selection of the toothbrushing method should be based on the patient's needs, dexterity, and preferences (Darby & Walsh, 2024).

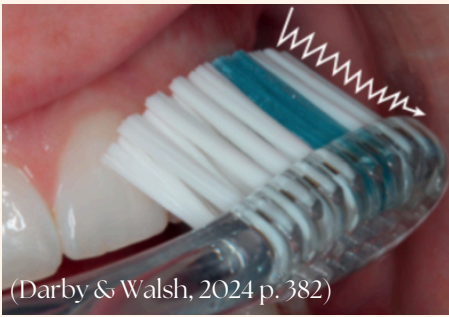
LIMITATIONS

The interproximal tooth surface cannot be cleaned with tooth brushing alone. Damage to soft and hard tissue can occur with excessive force when tooth brushing (Darby & Walsh, 2024).

Methods

Bass/Sulcular

- Parallel to teeth, at 45 degrees angle
- Firm and gentle pressure
- Back and forth, circular motion (Colgate, 2023)

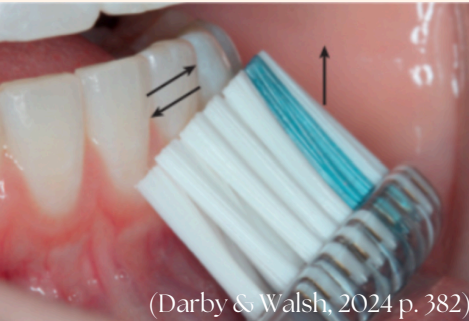


Stillman

- Same Bass technique
- Short horizontal strokes back and forth (Colgate, 2023)

Charter

- 45 degrees angle toward tooth chewing surface (opposite of Bass)
- Short circular strokes (Colgate, 2023)



Rolled Stroke

- Placed directly apically and rolled
- Vertical motion (Colgate, 2023)

Fones

- Bristle are perpendicular to the tooth
- Activated in circular motion (Colgate, 2023)



[Videos](#)
[Bass](#)
[Stillman](#)
[Charter](#)
[Rolled Stroke](#)
[Fones](#)

Links



[Toothbrushes \(~\\$5-300\).](#)
[Manual \(Amazon\)](#)
[Electric \(Amazon\)](#)

References

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