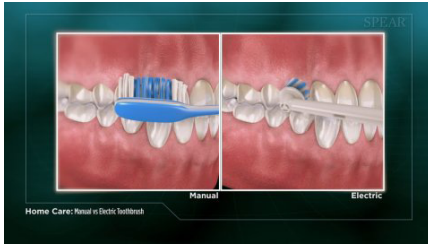
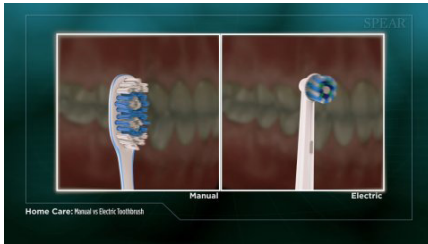


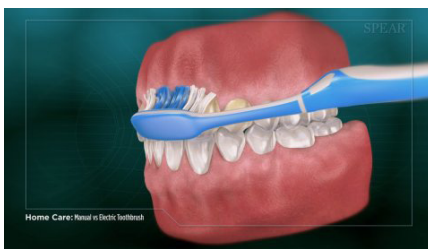
Manual versus Electric Toothbrush



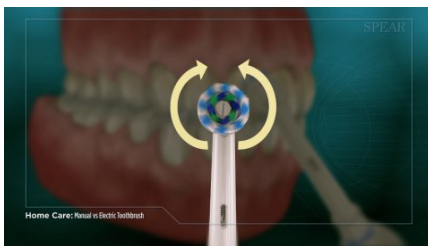
Brushing your teeth is an essential part of your daily oral care routine, and the most important thing you can do to maintain good oral health.



There are two primary types of toothbrushes- manual and electric. While they each have their unique benefits, both types do an acceptable job of removing plaque and protecting against tooth decay when used twice a day with proper technique.



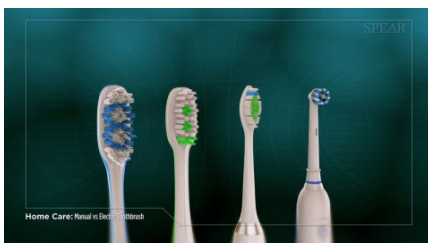
Manual toothbrushes are the most basic and common type of toothbrush. They are inexpensive and have a long history of effectively cleaning teeth, and are available in several varieties, sizes, and bristle configurations. They do require more work to properly use them when compared to an electric toothbrush.



Electric toothbrushes have risen in popularity over the last couple of decades due to their ease of use and reduced effort needed for them to clean teeth effectively. Most are equipped with a rotating and/or oscillating head that moves the bristles rapidly to loosen plaque and food particles from the teeth.



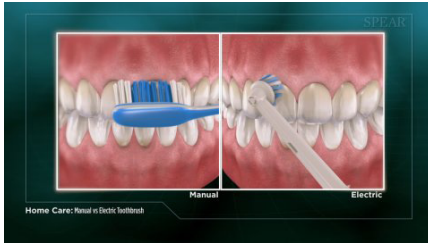
Some studies have indicated that electric toothbrushes statistically remove more plaque than a traditional toothbrush, but they are also more costly than a manual toothbrush.



No matter which type of toothbrush you choose, the size and shape should fit comfortably in your mouth so that you can easily reach all areas, and the bristles should be soft and firm enough to remove plaque effectively while not damaging your gums.



Manual versus Electric Toothbrush



There are several effective toothbrush options to choose from- both manual and electric. If you would like guidance your doctor is the best resource to help you pick a toothbrush that best meets your oral care needs.

