

## The Electric Toothbrush

One of the most improved devices for oral hygiene is the electric toothbrush. We have found with our patients that some people tend to brush too hard (scrub) and some do not brush thorough enough. We recommend a “massage type” tooth brushing pattern to best cleanse and nurture the gums.

When patients “scrub” their gums too hard, they usually end up actually eroded tooth structure away. This leaves the underlying root surface exposed to the outside elements. When this occurs, the gums tend to recede. This is not only unsightly; it can lead to sensitivity and decay.

We have found the electric toothbrushes provide a consistent, stimulating, therapeutic brushing motion. This tends to make our over-achiever brushers less destructive, and our under achiever brushers more competent. These improvements are very noticeable to both the patient and the dentist.

In our office, we carry the Oral-B Professional Care SmartSeries 5000. We have found this brush to offer a variety of brush heads, good battery life (3-4 weeks between charging), convenient travel case and a company that continues to provide good patient support.

An electric toothbrush feels different, sounds different and should be used differently than a manual toothbrush. We will provide you with instruction and make recommendations as you become accustomed to this brush.