



The electric toothbrush

Most people manage to maintain good oral hygiene with a manual toothbrush if used correctly. Electric toothbrushes are also an excellent tool to maintain healthy teeth and gums. They are particularly useful for people who have trouble using their hands and people with braces. Kids may also think they are more fun and easier to use, however younger children should be supervised by an adult.

An electric toothbrush with a rotating head provides the right cleaning action, but it won't do all the work for you.

How to use an electric toothbrush

Apply a small amount of fluoride toothpaste to the brush. To avoid 'splashing', place the brush against teeth before turning it on.



Direct the bristles towards the gum line at a 45 degree angle. You should be able to feel the bristles along your gum line and teeth. Hold the brush head in place and apply gentle pressure for a few seconds, follow the curve of the tooth before moving onto the next tooth. It is not necessary to 'jiggle', the brush will do that for you.



Brushing Outside Surfaces: Guide the brush along the gum line slowly from tooth to tooth. Incline the head to clean in between teeth.

Brushing Inside Surfaces: Move the brush slowly from tooth to tooth along the gum line. Behind the upper and lower front teeth it might be easier to tilt the brush vertically.

Brushing Chewing Surfaces: Move the brush slowly from tooth to tooth along the chewing surfaces. Don't forget the back surfaces of the last molars.

- Brush twice daily, in the morning and before bed, for at least 2 minutes.
- If your toothbrush has a built-in timer, you may like to brush your mouth in 4 sections. After brushing spit, don't rinse.

Follow manufacturer's instructions about cleaning and storing your appliance after use. Be aware that when the electric toothbrush loses charge the movement of the brush will become slower and be less effective when cleaning. Always remember to charge your appliance or replace disposable batteries.

For further information please discuss with your dental practitioner

Would you like more information or to provide feedback?

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Communications Officer, Dental Health Services
Locked Bag 15, Bentley Delivery Centre, WA 6983



(08) 9313 0555



publications@dental.health.wa.gov.au



www.dental.wa.gov.au

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