

# Selecting a Toothbrush

There are so many different types of toothbrushes in the marketplace that it can be a difficult choice to know what is best. Our office considers any toothbrush that provides you both a good tool for removal of plaque, plus is safe for the gums (soft bristles) as being best for your oral health.

When it comes to choosing between a manual or electric toothbrush, both can effectively and thoroughly clean your teeth, so it really becomes a matter of personal preference and manual dexterity.

Children may enjoy brushing with a powered toothbrush. Persons who have difficulty using a non-powered toothbrush due to issues of manual dexterity (eg. arthritis) may find a powered toothbrush more comfortable and easier to use.

Whether you decide on manual or powered, choose a toothbrush that you like and find easy to use, one which has soft bristles so as not to damage the gums, and make sure to brush twice a day to thoroughly clean all the surfaces of your teeth of the plaque.