



TOOTHBRUSH ADVICE

What is the ideal toothbrush? There are so many options that we'd like to make some suggestions.

- **TOP FEATURES OF TOOTHBRUSHES:**

- **Electric**
We love electric toothbrushes because it does some of the brushing for you! Studies have shown better plaque removal and better gum health when using an electric brush.
- **Small round brush head OR flattened oval**
These toothbrush head shapes help you reach those hard-to-clean areas in the back of your mouth easier than traditional clunky oval-shaped heads.
- **Soft bristles**
Soft bristles are ALWAYS preferable because the bristles can slip just beneath your gums where the bacteria live and clean effectively. This keeps your gums happy and healthy. Hard bristles cause recession over time and don't clean under the gums well.
- **Pressure sensor**
This feature is great for patients who are "aggressive" or "too enthusiastic." The brush may turn off or flash a light when you're brushing too hard.
- **Different modes for sensitivity/gum care/whitening**
Some patients like more vibration. Others like less. If you want options, some brushes have different modes for this.

- **OUR RECOMMENDATIONS FOR ALL-PURPOSE BRUSHES:**

- **Oral B Pro 1000** at \$49.99
(check <https://oralb.com/en-us/deals/> for coupons).
- **Phillips Sonicare ProtectiveClean 4100** at \$49.99
(check <https://www.usa.philips.com/c-e/pe/oral-healthcare.html> for coupons).

You can absolutely purchase a more expensive brush with the ability to sync to your phone via Bluetooth and other bells and whistles, but it IS possible to find a reasonably priced, great brush. The main thing we want is for you to find a brush that is comfortable for you, that works well, and that you're using regularly (2x daily). We've given you our tips above and we think it will help guide your decision-making.

Please let us know if you have any questions or concerns!