

## Electric toothbrush a snappy last-minute present

If you're still searching for a Christmas gift for that special someone why not consider giving a unique and out of the box gift? It's something a person can appreciate using every day and can help keep teeth as white and clean as possible.

What is it? Well, you probably have noticed that lately, there has been a barrage of advertising for electric toothbrushes and from the questions we get people aren't sure if they work better than the old fashioned hand held brushes, the most effective way to use one, and of course which brand is best.

From the dental professionals perspective electric toothbrushes definitely provide significant advantages and remove more plaque than the classic hand held style. There are 3 basic varieties of electric brush types: round brushes that spin, traditional shaped brushes that vibrate like the Sonicare, and round brushes that both spin and vibrate such as the Oral-B Triumph. The two leading brands are Sonicare and Oral B, with a third very effective brush only available through dental offices; the Rotadent. A good brush will have a 2 minute timer, no fuss rechargeable battery, and a handle you can easily grip. The Oral B and the Sonicare have multiple speed settings so you can dial in your comfort level. Speaking of comfort, use the soft blue brush head with the Oral B as the more stiff yellow head feels like you're using a weed wacker to clean your teeth. Use the soft head with no tooth paste as the extra brush strokes with an electric tooth brush combined with the abrasives in tooth paste could mean more wear along the gum line of your teeth. Clean the inside of the lower teeth for the first 30 seconds, as this area usually sees the least amount of toothbrush time, then the outside of the lower teeth for the next 30 seconds. Then follow the same pattern with the top teeth. Follow the 2 minute use of the electric brush by brushing your tongue with a regular toothbrush

and toothpaste to remove lurking halitosis bacteria and make your breath smell fresh. Be sure to use something to clean between your teeth such as floss, a water pik, or little brushes as not even an electric brush can properly remove bacteria from in between the teeth.



So which of these three electric toothbrush is best? For people with fragile, receding gum tissue the Rotadent is the best as it has the softest bristles. For everyone else the choice is between the Oral B Triumph and the Sonicare. Consumer Reports recently gave Braun Oral-B Triumph a slight edge over the Sonicare but ultimately the best brush is the one you'll use twice a day. These brushes can be found at most major retailers and Pharmacies and at Costco. If your dental office stocks electric toothbrushes they may occasionally get promotional brushes from the manufacturer at a discounted price as well. These brushes make an excellent Christmas gift and if you need more information in selecting one ask your dentist or hygienist which brush they recommend.

