

## Electric Toothbrush Advantages

Good home care is vitally important to a healthy mouth, and evidence is mounting that oral health is linked to overall health. The majority of dental problems (tooth decay, gum disease and bad breath) are created by the harmful bacteria in dental plaque. Therefore, lowering the bacteria levels (eliminating plaque) on the teeth and tongue daily decreases the likelihood of dental problems.

The ultrasound (Ultreo®), sonic (Sonicare®) and oscillating/ pulsating brushes (Braun Oral B®) are based on relatively new dental technologies and offer distinct advantages over traditional brushing.

Manual tooth brushing lends itself to inherent degrees of ineffectiveness and self inflicted trauma. Most notably is the amount of time spent brushing and manual dexterity. Most people perceive that they have brushed longer than they actually have, and so most electric brushes now have built in timers. Since the age of the undisturbed plaque increases its damaging characteristics, dentists have long suggested brushing at least twice daily. However, one study stated that more plaque was removed in two minutes with an electric brush than six minutes with a manual brush.

The technique is also important. We routinely see evidence of toothbrush abrasion and gum recession in people that try to scrub their teeth, but unknowingly cause damage. With the electric toothbrush doing the work and timing it, there is less chance of damaging the teeth and especially the gums.

Sonic toothbrushes vibrate at 30-40,000 rpm, (vs. the earlier electric standard of 2,500-7,500 strokes per minute, or about 300 per minute by hand), and boast the ability to remove plaque in areas that the bristles don't even touch. That's right, because of the fluid dynamics these brushes effectively remove plaque in areas that you physically can't reach. This is especially important for periodontal pockets of 4 mm or greater (as measured by your hygienist), or for people with limited dexterity. Therefore this type of brush not only dislodges the plaque by bristles vibrating at a high frequency, the pressure and shear forces created by the vibration in saliva removes even more! It's kind of like river rapids. A Journal of Clinical Dentistry study concluded that with a sonic toothbrush held 3mm away from enamel that 58% of the plaque was removed in 5 seconds, 63% in 10 seconds, 76% in 15 seconds, and if the brush actually touched the enamel, 95% was eliminated in 5 seconds, and virtually all plaque was gone in ten. You can see now how truly effective electric toothbrushes can be.

For further information on comprehensive dental health and advanced hygiene protocol, please call the office of Dr. Dell Goodrick, A Unique Dental Experience® at 254-4000 or visit [www.drdell.com](http://www.drdell.com).