

## Two kinds of electric toothbrushes

- **Oscillating-rotating.** This kind of toothbrush has a small, round brush head that moves back and forth in a circular motion to help remove plaque. A small brush head can be very good for cleaning the hard-to-reach areas of your mouth. When using an oscillating-rotating toothbrush, you should gently move the brush head from tooth to tooth, letting the brush do the cleaning



- **Sonic.** This kind of toothbrush uses a vibrating side-to-side cleaning motion to remove plaque. The brush head is a lot like a manual toothbrush. When using a sonic toothbrush, you should still actively move the brush much in the same way as you do with a manual toothbrush



## Quick facts about electric toothbrushes

- Electric toothbrushes provide a powered mechanical cleaning action to help remove plaque
- There are 2 main kinds of electric toothbrushes: oscillating-rotating and sonic
- Electric toothbrushes can include helpful features such as brushing timers, pressure sensors, brushing modes and specialised brush heads

**Want to learn more about electric toothbrushes? Talk to your dental professional or visit [oralb.com](http://oralb.com).**

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# What are electric toothbrushes?

Electric toothbrushes can help you do a better job cleaning your teeth. They get rid of more plaque from your teeth.

Electric (power) toothbrushes get plugged into a wall. That way they are always ready to use. You should replace the brush head every 3 months or when worn.

There are many different types of electric toothbrushes. For example, one kind uses an **oscillating-rotating** action and another uses sonic (vibrating) action to clean your teeth.



Electric toothbrushes also provide a variety of special features such as brushing timers, pressure sensors, brushing modes, specialised brush heads and LCD displays.

**Brushing timer.** Most people spend less than 1 minute when they brush with a manual toothbrush. A brushing timer helps you make sure to brush for the full 2 minutes that dental professionals suggest.

**Pressure sensor.** Helps you know if you are pressing too hard when you brush. That way you won't hurt your gums.

Brushing modes

Brushing timer



Sometimes the special features are inside the toothbrush. Other times, they come in a separate device.

This feature lets you choose the way you brush. If you have sensitive teeth, for example, you can use a gentle mode. Your dental professional may recommend a specific brushing mode based on your needs.

Electric toothbrush heads come in a variety of different shapes and sizes to fit your needs. Specialized brush heads can help provide benefits such as tooth whitening or even advanced cleaning in the spaces between teeth.



Precision Clean



Sensitive



Ortho



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