

Types of Toothbrushes

A toothbrush is a crucial tool to fight against dental diseases like gum problem and cavities. There are different types of toothbrush on the market, such as :-

1. Manual toothbrush

Manual toothbrushes are designed in different shapes of brush head, bristles arrangement and handle designs (Diagram 1, 2). A toothbrush with soft bristles & small brush head (the length should be same as the diameter of a fifty-cent coin) is recommended (Diagram 3). Use of electric toothbrush is suggested for someone who has a problem with hand dexterity or arthritis.



Diagram 1



Diagram 2



Diagram 3

2. Electric toothbrush (Diagram 4)

The bristles will spin, while others simply move back and forth in a gentle pattern when it is fully charged with energy and switched on (Diagram 5). Some researches show that the electric toothbrush can clean more effectively. However, the high speed movement of the electric toothbrush may hurt the gums & teeth if the user does not use it properly.



Diagram 4



Diagram 5

3. Specific toothbrushes

a. Inter-dental toothbrush (Diagram 6, 7)

It is a small brush, used for cleaning interdental space (big gap) or between teeth and the wire of dental braces (Diagram 8, 9). Brushes are available in a range of size, shape with different handle designs. Insert a proper size brush to fit the space and clean the interdental tooth surface by moving the brush in and out.



Diagram 6



Diagram 7



Diagram 8



Diagram 9

b. An end-tufted brush (Diagram 10)

It is ideal for cleaning specific difficult-to-reach areas (Diagram 11), such as wisdom teeth and crooked teeth.



Diagram 10

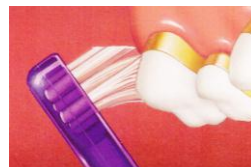


Diagram 11

P.S. : Please ask your dentists or hygienists for more information about the correct use of different toothbrushes.

Moreover, regular dental check up & scaling are very important. Because oral problems could be found & treated in an early stage.