

CHONG FAMILY DENTISTRY

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Oral B Electric Toothbrush

We firmly believe that the Oral B Electric Toothbrush (ETB) is the better electric toothbrush on the market compared to the Sonic Care, or even a manual toothbrush. ETB's are more efficient and do a much more thorough job at cleaning your teeth. The smooth and clean feeling you get after a professional cleaning is reproducible with an Oral B ETB. This results in better overall oral hygiene and oral health, less gum disease and cavities, and more positive dental visits.

Oral B makes a variety of different ETB models at various price points. You do not have to buy the top of the line Oral B ETB thinking you will get a better cleaning than a cheaper version. The more expensive Oral B ETB's have a lot of bells and whistles that most of us do not need. A mid-level Oral B ETB will do just fine. For the various models and more information, go to: www.oralb.com.

Instructions on how to use the Oral B Electric Toothbrush:

1. Unlike your manual toothbrush where you need to use your arm power to scrub or clean your teeth, the Oral B ETB has a spin like head that is spinning to help you scrub or clean your teeth instead. No need to use your arm power to clean your teeth anymore. Simply just direct where you want the brush head to clean.
2. Move in slow motion. Give each tooth 1-2 secs to allow the spinning brush head to clean your tooth thoroughly. If you move too fast or use your arm power like a manual toothbrush, the Oral B ETB will not have enough time to clean your tooth one by one.
3. Make sure you brush gently. If you push too hard, you will hear the ETB slow down. Lighten up. It doesn't take a whole lot of pressure to get your teeth clean. Pushing too hard with either a manual or an ETB, can cause gum recession.
4. Do brush half the gums and half the tooth where the gums meet the tooth. This is the most important zone you should keep clean because this is where gum disease can start. Do it gently because you do not want to cause gum recession due to excessive pressure when cleaning this zone. If you have some gum recession, where the gums have receded a little bit revealing the underlying root surface, do try to get that area clean too. If the tooth has had some gum recession over time, there is now more surface area to keep clean. It is fine to clean the visible root surface with the Oral B ETB. Leaving plaque behind will most likely cause gum recession, gum disease, and potentially cavities.
5. Brush for at least 2 minutes. Set a timer can help. Watch yourself in the mirror when you brush your teeth with the Oral B ETB. This helps to make sure you don't miss any areas. When checking to see how well you did, any rough surfaces may mean that you didn't brush all the plaque off that tooth. There is nothing wrong with going back over that area to try to get it cleaner and smoother.