



# November Dental Digest

## Black Friday, White Teeth!

Black Friday deals are just around the corner! Every year people rush to the stores early in the morning to get the next biggest TV, discount clothes or other gadgets! This year get an electric toothbrush on your list of things to buy!

### Electric Toothbrush Buyers Guide

We brush our teeth at least twice a day, yet how much do we actually think about the quality of the brush we use to do it with? We've doubtless all used a sub-standard brush at some point or other in our lives, one we've picked up at a local store. Shouldn't we put a bit more stock in looking after our teeth? We use them every single day, after all, putting them through all sorts of challenges by asking them to chew through tough steaks, or drinking sugary drinks and coffee.

That's why you should seriously consider investing in a decent electric toothbrush. It's the closest you'll get to being able to have a miniature dentist in your home! A good electric toothbrush can keep your teeth in tip-top shape for a good long while and prevent more serious visits to the dentist.

Here, then, are some things to consider when looking at electric toothbrushes.

### Why Go Electric?

The reason that dentists prefer electric toothbrushes to their manual counter-part is simple: They help you to brush your teeth better. Whether you opt for a brush that spins or vibrates, you'll find that the bristles on an electric toothbrush are much better at removing plaque than a manual alternative. That in turns means you'll have fewer cavities and significantly more healthy gums.

Better gums and healthier teeth naturally means that your trips to the dentist will be less painful, but it also means that you probably won't have to make a separate appointments as often. Electric toothbrushes are also easier to brush with than manual ones. They can reach and clean teeth better, plus you only have to change the brush head when it's time to buy a new one. They might be a pricier investment to start with, but they'll need to be replaced less frequently once you're up and running.

### Recharge Or Replace?

There are two different types of electric toothbrushes that you can look for, rechargeable and battery powered. Which one you opt for is, to some extent, a matter of personal opinion. If you go for the battery powered option then you'll likely be looking at a brush that needs AA batteries. The plus side of a battery powered toothbrush is that you can take it wherever you want without worrying about running out of power and you'll probably also find that they are cheaper than their rechargeable cousins. The problem is, of course, that you'll also need to replace the batteries every so often, so that's an added cost you could probably do without. Rechargeable toothbrushes, on the other hand, tend to sit on a little dock that is connected to the mains and get their charge that way. If you have somewhere you can leave the base that is convenient then you'll essentially be able to keep your toothbrush fully charged all of the time. If you don't then you'll need to plug it in somewhere every now and again to make sure it's good to go every time you need to brush your teeth.

## Recharge Or Replace Continued...

Rechargeable toothbrushes are now able to hold a charge for quite a few days, and if you are planning to go on an extended trip, some toothbrushes now come with a chargeable travel case, so you never have to worry about your toothbrush losing charge on vacation.

### Faster, Faster, Faster!

The beauty of an electric toothbrush is that even the most basic model gives you a movement that is hundreds of times faster than the movement you'd be able to produce yourself with a manual brush. As you might expect, the faster the movement the more efficient the clean and the less time you'll need to brush to get good results.

The top end electric toothbrushes are even faster than the entry-level models, and these are called either sonic or ultrasonic toothbrushes. To give you a slight indication, a normal electric toothbrush will probably stoke your teeth somewhere between 3,000 and 8,000 times per minute. A sonic toothbrush, on the hand, can manage up to 40,000 strokes per minute; an incredible, and notable, difference. Don't be too disheartened if you don't think a sonic toothbrush is for you, however. The 3,000 to 8,000 strokes per minute from a normal brush is still a significant improvement on the 600 strokes per minute that most people average with a manual brush.

Put simply, the faster the brush the more efficient it will be at doing things like breaking up plaque. That means that when it comes to buying your electric toothbrush you'll want to keep an eye out for things like number of vibrations, pulsations and rotations it can do in any given amount of time. The more it manages, the better off your teeth will be after you've used it.

### Features

There are many different cleaning modes and special features such as pressure sensors, timers, and more to choose from with electric toothbrushes. We're all different, of course, so the things that you find important might not apply to your partner. The extent of the abilities that you want your toothbrush to perform is completely up to preference.

The joy of an electric toothbrush over a manual one is that the heads are often so easily removed and replaced. This means that if you invest in a decent, expensive toothbrush that has a whole host of features then you'll be able to have your own toothbrush head that you can swap with a different member of your family's, allowing you all to have your own brush and share the electric toothbrush's body saving you from the expense of multiple toothbrushes.

Whichever way you decide to go with your electric toothbrush needs, hopefully this guide has been a useful aid in helping you to realize what you should keep your eye out for when you hit the shops! If you are not a Black Friday shopper, we do offer Oral B and Sonicare electric toothbrushes for purchase in both our Wishek and Linton offices. Feel free to give us a call or stop in for more information! 701-254-4521

