

Electric vs. manual brushes

By Dr. Horacio Falcón

When it comes to keeping your teeth clean, both electric and manual toothbrushes play important roles. Manual toothbrushes are simple and easy to use, requiring manual movement to clean the teeth and gums effectively.

They come in various shapes, sizes and bristle types, making them accessible and affordable for everyone.



On the other hand, electric toothbrushes offer additional benefits. They often feature rotating or vibrating brush heads, which provide a more thorough cleaning and plaque removal compared to manual brushing. Some electric toothbrushes also come with built-in timers and pressure indicators to ensure that users brush for the recommended two minutes at the right amount of pressure. This can be particularly helpful for children and people with limited dexterity. The most important instruction to follow with an electrical toothbrush is to set the brush head at the right place and let the brush do the work for you.

While electric toothbrushes may be more expensive up front, they can be a worthwhile investment in the long run for those seeking improved cleaning efficiency and convenience. However, manual toothbrushes remain a reliable choice for many, offering simplicity and affordability.

Ultimately, the best toothbrush for you depends on your personal preferences, oral health needs and budget.

At Falcon Dental Group, our dental hygienist will go over proper brushing techniques to help patients achieve the best home oral care possible.


Keep smiling.

Dr. Horacio E. Falcón, DDS, of the Falcon Dental Group, 20690 Vernier Road (at the I-94 service drive) may be reached at (313) 884-3050.

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