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Instructions for using an electric toothbrush

When starting to use an electric toothbrush, we are confident that your oral health will benefit from your decision. It is important, however, that an electric brush is used in the correct way.

Please remember the following

- ⇒ The aim of brushing and flossing your teeth is to remove bacteria from all critical areas in and around your teeth.
- ⇒ Every time you brush, a tiny bit of tooth substance may be removed from your tooth if it is not done the correct way. This results from using too much pressure, using the incorrect angle (see colour plates in manual 1-6) and by using white toothpaste. White toothpastes have abrasives that grind the tooth surface to get it clean.
- ⇒ Electric toothbrushes, if they work properly, have tremendous brushing action. They do the job really well, but their biggest danger lies in brushing away too much tooth substance just above your gum line. **DO NOT PUSH TOO HARD AND DO NOT USE TOO MUCH PRESSURE.**

How to get the most out of your electric toothbrush

- ⇒ **If all else fails please read the manual provided in the original box.**

We recommend that you floss & brush properly in the evening (2 minutes top + 2 minutes bottom) to clean everything 100%, and a second time very quickly in the morning after breakfast just for a nice taste and to smell “fresh”. Do not brush more than that. It does not make sense because the harmful bacteria do not grow that quickly and you may do more harm than good. Believe us, we see lots of patients that have brushed their teeth away.

Do not brush your teeth after having drunk fruit juices, carbonated beverages, wine or any other foodstuffs that contain a lot of acid in the food. After eating such food, the surface of your teeth is “etched” and soft. If you leave it, minerals in your saliva will repair this layer within 4-6 hours. If you brush, chances are this layer will be removed and you will end up with sensitive teeth.

Your electric brush likely has a nickel cadmium battery. These like to work hard. Do not keep it in the charger. Rather keep it in the bathroom and only charge it when it starts to sound a bit “tired”. Also let it run completely flat once every 2 months and recharge it afterwards. If it is always fully charged, it may develop a “memory” and will not last as long.

To save some money, the brush tips only need to be replaced if they start looking shabby or the hairs look thin at the tips. The indicator filaments are not that critical. Please keep the tips in a clean, dry place and make sure that every member of the family has their own. Swapping the tips transfers bacteria between people.

Finally we wish you lots of happy brushing. Please let us know what you like or dislike about your brush. We can only learn from our patients.

Smileline Cosmetic Dental Studio

