



## Electric Toothbrush Buying Guide Quick Reference Handout

Use this guide to make an informed decision about the benefits of switching to an electric toothbrush, what types of models are available at different price points, and what considerations to make to find the right one to meet your personal oral care needs.

[Scan the QR Code to read the full buying guide](#)

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### What is an electric toothbrush?

- A toothbrush with a rechargeable or replaceable battery that powers the bristles to rotate and oscillate. This provides a better, more thorough clean of your teeth and gums, doing a better job at breaking up food particles and plaque.
- Recommended by many dentists and dental hygienists.
- They are easy to use, requiring less manual movement and potentially harmful scrubbing.

### Why switch to an electric toothbrush?

- **Better plaque removal:** Bristles move more freely and deeply around your teeth, preventing you from scrubbing too hard and missing spots.
- **Ease of use:** The brush does much of the work for you, guiding you along.
- **Built-in timers:** Confirms that you brush for the recommended two minutes per session.
- **Potential improvements in oral hygiene:** Teeth feel cleaner, and you may get better feedback from the dentist.
- **Recommendations by dental professionals:** Many dental professionals recommend electric toothbrushes.

### Types of electric toothbrushes

- **Oscillating-rotating:** A round brush head oscillates in a circular motion, 2,500-7,500 times per minute.
- **Sonic:** Works even faster at up to 30,000+ brushes per minute for a faster and better clean.
- **Ultrasonic:** Less common, moves at up to 2,400,000 times per minute with you just holding the brush to your teeth. Some sonic models have ultrasonic modes.
- **Battery operated vs. rechargeable:** Replaceable battery models are cheaper, great for travel, but less powerful. Rechargeable come with bases and have more advanced features but are more expensive.
- **Kids electric toothbrush:** Specifically designed for young ones in smaller size and fun designs.



## Key features to consider

- **Brushing modes:** Can include options like deep cleaning, whitening, sensitivity, tongue cleaning, and gum massaging.
- **Battery life and charging options:** AC adapter or USB, wireless, replaceable.
- **Smart features:** App for guidance, timers, even visuals, useful notifications, and brushing history.
- **Pressure sensors:** Tells you if you're scrubbing or pressing too hard.
- **Brush head compatibility:** Consider price, how easy they are to find, third-party compatibility, and subscription options.
- **Design and comfort:** Should be easy to grip and maneuver, easy to change head, quiet operation.
- **Age rating:** For kids, get one appropriate for their age and size.
- **Accessories:** Charging base, cord, extra brush heads, additional tools, travel case.
- **Partner apps:** Android or iOS, easy connection, intuitive, provides useful assistance.

## Price vs. value

- Price is usually reflective of durability, longevity, power.
- Battery-operated are good as entry options, for kids, or as secondary brushes for travel.
- Consider bundles with accessories or multiple brushes.

## User reviews and brand reputation

- Don't just look at star ratings, read user feedback to make a judgement.
- Opt for an electric toothbrush from a trusted brand.
- Customer support is important.

## Eco-friendly and sustainable options

- Models made from sustainable materials like bamboo with biodegradable brush heads.
- Recyclable packaging.