



KELVIN
HOUSE
DENTAL PRACTICE

“word
of
mouth”

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Budget Brushes Clean Up



Just in time for Christmas present ideas, *Which Magazine* have tested 10 electric toothbrushes and have found that the **Best Buy is only £17**.

They rigorously tested the latest brushes and found five impressive performers, all costing less than £45. They all removed more plaque than their rivals, kept their charge for longer and were quieter in use. They were also voted more comfortable to use when in the mouth.

How you brush (i.e. your technique) is always going to be more important than the actual brush used. However, a recent review of clinical trials has shown a 21% reduction in plaque after 3 months use with an electric toothbrush compared to a manual one.

Brushing thoroughly and regularly (at least 2 minutes twice a day) remains the most important factor in combating tooth and gum disease. Most electric brushes indicate when you have brushed for two minutes.

It is best to systematically brush the inner and outer surfaces of each tooth. Don't forget to also clean in between the teeth once a day with either dental tape, a TePe 'bottle brush' or one of the new Clean Betweens. If you're unsure, either ask myself or the hygienist to recommend the best cleaning aid for your teeth.



Which?

The overall winner was:

Oral B Vitality Clean (Store and Online £17, available at *Boots* and *Asda*)



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