Tooth Brushing

• Tooth brush: the principle instrument for bacterial plaque removal

• Many different designs of toothbrushes and adjunctive oral hygiene devices have been manufactured and promoted

• Variety in shapes, sizes, and textures
Manual Toothbrushes

• Characteristics of an effective toothbrush:

✓ Conform to individual patient requirements in size, shape, and texture
✓ Easily and efficiently manipulated
✓ Readily cleaned and aerated
✓ Durable and inexpensive
✓ Has end rounded filaments or bristles
General Description of Manual Toothbrush

- **Parts:**

  - Handle: the part grasped in the hand during tooth brushing
  - Head: working end
  - Shank: the part that connects the head and the handle
Tooth Brush Parts

- Handle
- Brushing Plane
- Tufts
- Shank
- Head

- Tooth brush Handle
- Brush (Bristle)
- Tooth brush Head
Power Driven Toothbrush
فرشاة أسنان للأطفال يتم وضعها في أصابع الأم لسهولة غسيل أسنان الطفل.
Toothbrush Selection for the Patient

- **Influencing Factors:**

  ✓ Patient: ability of patient to use the dental tooth brush and remove bacterial plaque

  ✓ Gingiva: status of gingival or periodontal health

  ✓ Position of teeth: crowded teeth or open contact
When I should Change My Toothbrush??

Time to change your toothbrush?
How you Treat Your Tooth Brush...!!

Treat your Toothbrush LIKE YOUR PASSWORD

You shouldn’t share your passwords either.
How you Treat Your Tooth Brush..!!
IS YOUR BRUSH WHERE YOU FLUSH?
WHAT YOU NEED TO KNOW!

Danger! DO NOT Hang your toothbrush with in 3 feet of your toilet!

You have e.coli!
To keep your toothbrush away from dangerous microorganisms!!
Guidelines For Toothbrushing
Guidelines For Toothbrushing

- Grasp of brush: grasp toothbrush handle in the palm of the hand with thumb against the shank
- Sequence: complete coverage for each tooth surface
- Amount of brushing: the account system: count 6 strokes in each area
- Frequency of brushing.
PROPER WAY OF BRUSHING YOUR TEETH

1. Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.

2. Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.

3. 

4. 

5. 
Toothbrush with Camera??!!
Assisting people with special needs to brush
Methods For Toothbrushing

- Bass Method Technique
- Modified Bass Method Technique
- Stillmans Method Technique
- Modified Stillmans Method Technique
- Charters Method Technique
- Roll Method Technique
Bass Method Technique

- Toothbrush head parallel to occlusal surface of the teeth
- Bristles are directed apically into the gingival sulcus 45 degree angle to the long axis of the teeth
- Applying gentle press in an apical direction by making short vibratory stroke
Modified Bass Method

- The same as the Bass Method technique

- The modification consists of sweeping the bristles downward over the tooth surface occlusally after the vibratory motion in the gingival sulcus
Stillmans Method Technique

- Bristles directed apically and compressed laterally against the gingiva (45 degree angle)

- A vibratory rotary motion is applied to the brush with the bristles remaining the same positioning
Modified Stillmans Method Technique

• The same as Stillmans Method Technique

• The modification consists in the brush moved occlusally in a rolling stroke after the vibratory motion
Charters Method Technique:

- The bristles are directed occlusally and the sides of the bristles are firmly flexed against the gingiva with a vibratory motion.
Roll Method Technique

- Bristles are directed apically
- Swept in an occlusal direction with a rolling motion
Watch Attached Video of Tooth brushing Technique...!!
Thank You