Soft-Bristled vs. Hard-Bristled Toothbrushes [1]

Posted: September 11, 2015

One of the most common mistakes people make in caring for their teeth is choosing the wrong kind of toothbrush. Each toothbrush has a bristle rating: hard, medium, soft, or extra soft. Using a brush that is too hard can actually damage your teeth and gums rather than clean and protect them.

Many dentists recommend ignoring hard and medium altogether. For the vast majority of people, soft is the right choice. For those with very sensitive gums, an extra soft toothbrush is in order. Once you have the right toothbrush, avoiding common dental problems [2] is all in your technique:

- Hold the brush at a 45 degree angle to the gumline.
- Brush in small circles, not back and forth in a sawing motion that can damage enamel and gums.
- Replace your toothbrush when it shows wear like loose bristles or loss of shape, about once every three months.
- Don’t forget to brush your tongue where bacteria is also found.
- Remember to floss once a day, every day.
- Take your time. Brushing for a full two minutes is far more beneficial than pressing hard.

Our experienced dentists and compassionate team are ready to help you establish an effective dental hygiene routine. You deserve great oral health.

To find out more about advanced dental hygiene [3], please call Aspenwood Dental Associates and Colorado Dental Implant Center today at (303) 500-0653 to schedule a consultation or dental cleaning.

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