“Initiate oral hygiene with a pediatric or adult (soft) toothbrush, at least twice a day. Gently brush patient’s teeth to clean and remove plaque from teeth.”


“Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.”

American Dental Hygienists’ Association, available at www.adha.org/oralhealth/brushing.html

“The best way to remove decay-causing plaque is by brushing and cleaning between your teeth every day. Brushing removes plaque from the tooth surfaces. Brush your teeth twice a day, with a soft-bristled brush.”

American Dental Association, Cleaning Your Teeth and Gums, available at www.ada.org

“In general, a toothbrush head should be small (1” by ½”) for easy access to all areas of the mouth, teeth and gums. It should have a long, wide handle for a firm grasp. It should have soft nylon bristles with rounded ends so you won’t hurt your gums.”

Academy of General Dentistry, available at www.agd.org/support/articles/PATID=1212

“Brush your teeth at least twice a day using a soft nylon-bristle toothbrush.”


Oral hygiene instruction:
“Explain how plaque starts to grow immediately after tooth brushing, so that regular removal is necessary and that it cannot be rinsed away. … Tooth brushing requires a brush, ideally with a small head and even nylon bristles (3-4 tufts across by 10-12 lengthways) …”


“The American Dental Association has described the range of dimensions of acceptable brushes. A brushing surface 1 to 1.25 inches (25.4 to 31.8 mm) long and 3/16 to 3/8 inch (7.9 to 9.5 mm) wide 2 to 4 rows of bristles and 5 to 12 tufts per row.”

eDoctor, available at http://www.edoctor.co.in/?s=brushing+rocket+science&x=6&y=10

“The teeth should be brushed regularly to prevent dental plaque colonized with bacteria from accumulating.”


“Teethbrushes are the most effective means of removing plaque and stimulating mucosal tissue. The toothbrush you use should have ultra soft bristles that clean but don’t cause further damage to inflamed tissue. These toothbrushes have tapered bristles that remove plaque at the gum line and massage the sensitive areas. If the patient can’t tolerate brushing, use an oral swab or a saline-soaked gauze pad on teeth and tongue.”


“Here are the characteristics of a good toothbrush:

■ The toothbrush should have a head that is small enough and correctly angled to reach all the teeth.

■ A toothbrush should be multi-tufted, and have a medium/soft texture.

■ Hard bristles can damage teeth and gums, and are not recommended.

■ The bristles should be made of nylon, and their ends need to be rounded.