



Types of toothbrushes

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Introduction:

The toothbrush is an oral hygiene tool used to clean the teeth and gums. Toothbrushes are important in everyday role because of personal oral hygiene. Proper toothbrush care is important for oral health. Tooth brushing is fundamental to oral hygiene. Brushing helps to remove plaque and food. With simple removing the plaque of the teeth we actively prevent cavities and other periodontal diseases from appearance in the oral environment. It is very important to know properly how to brush your teeth, to remove the plaque and prevent further deposition of it.

Aim:

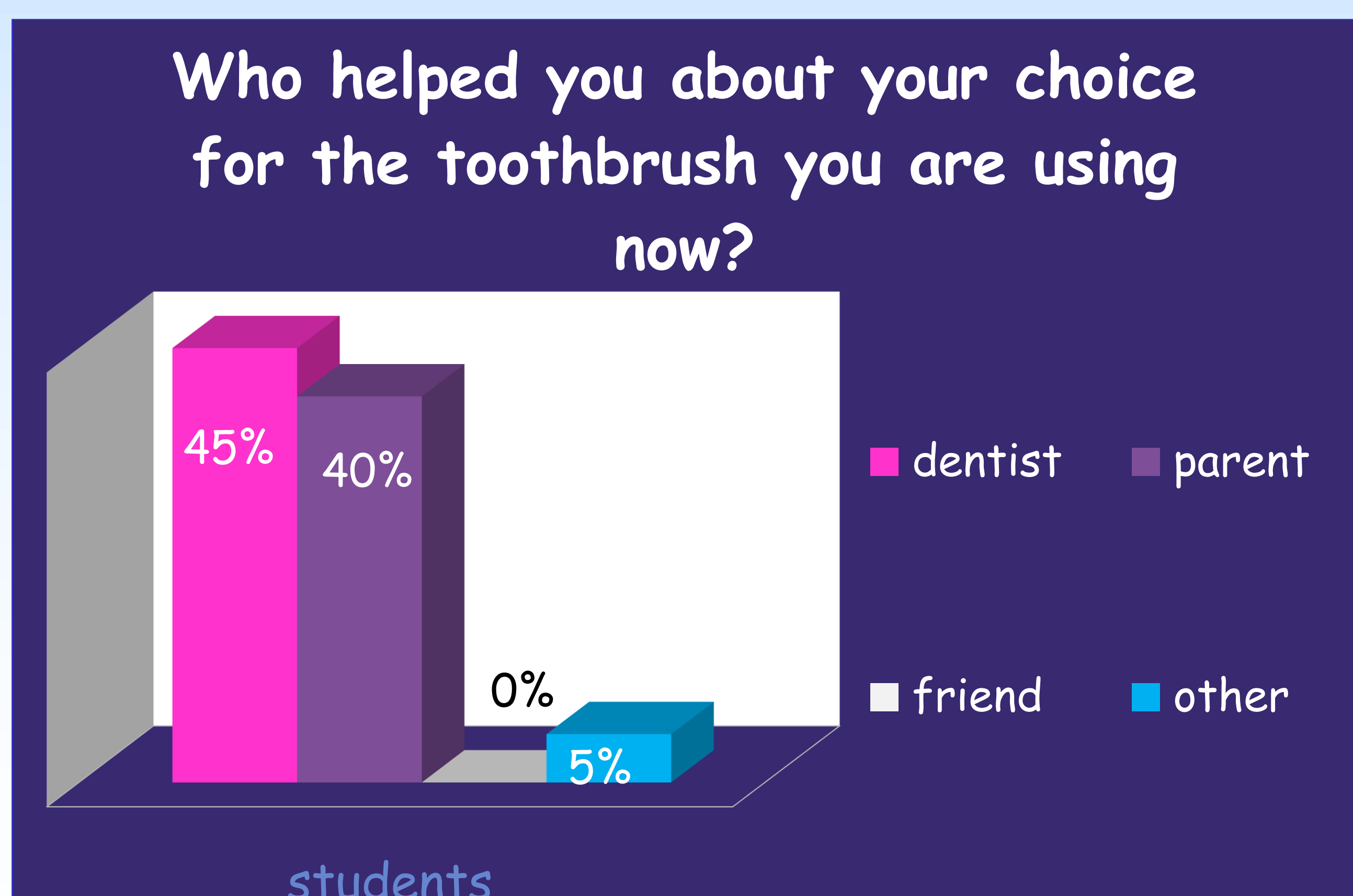
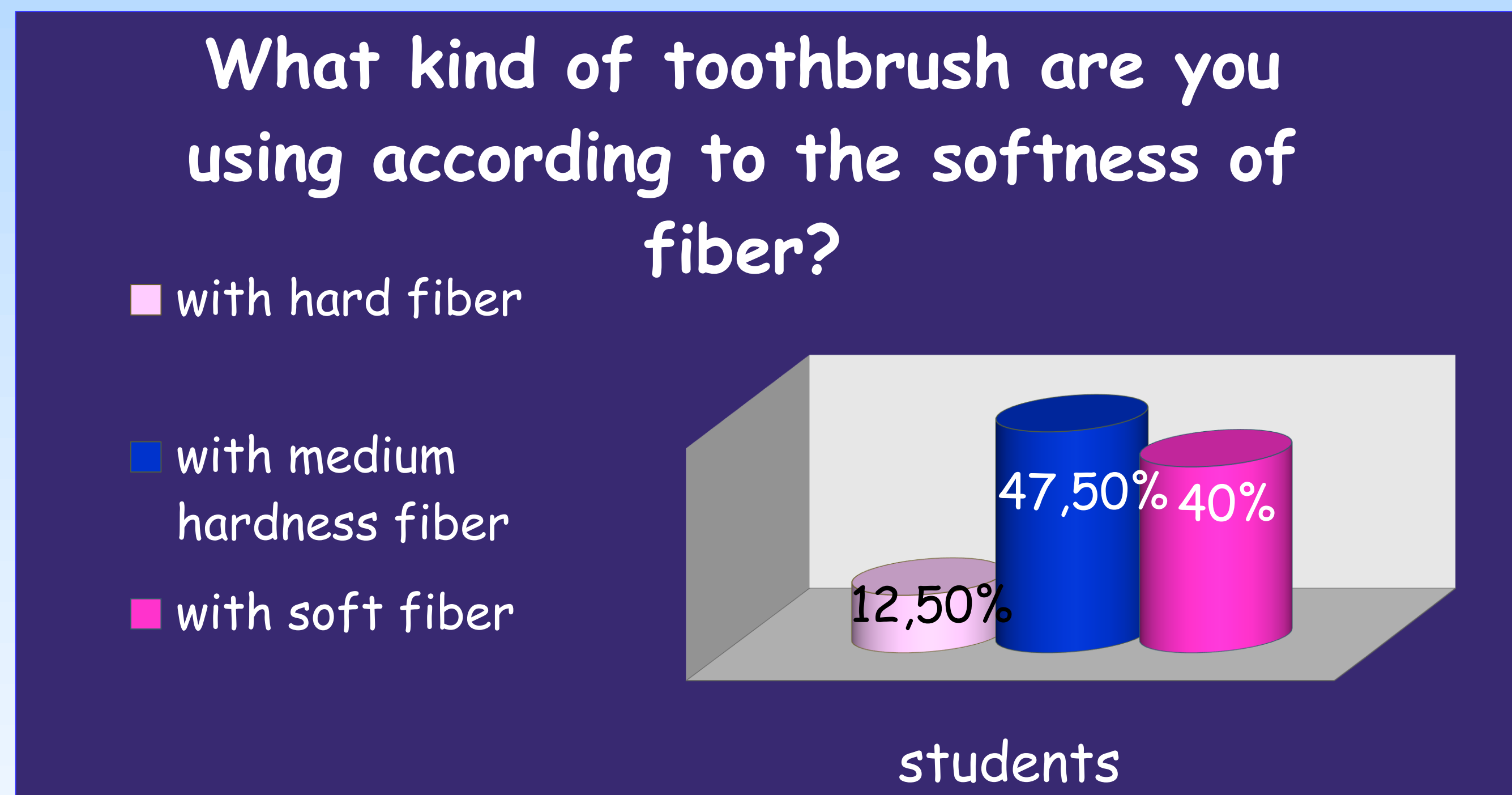
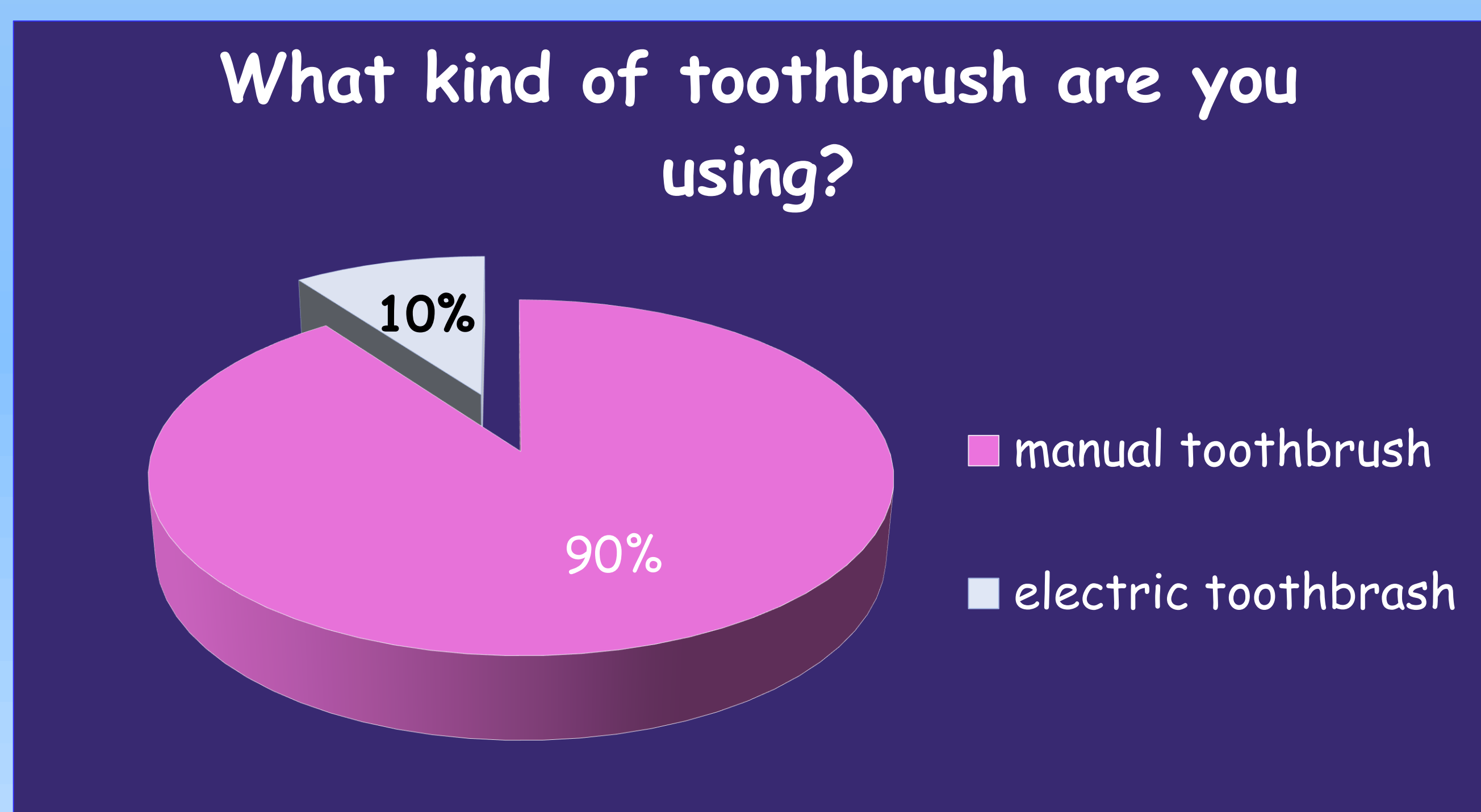
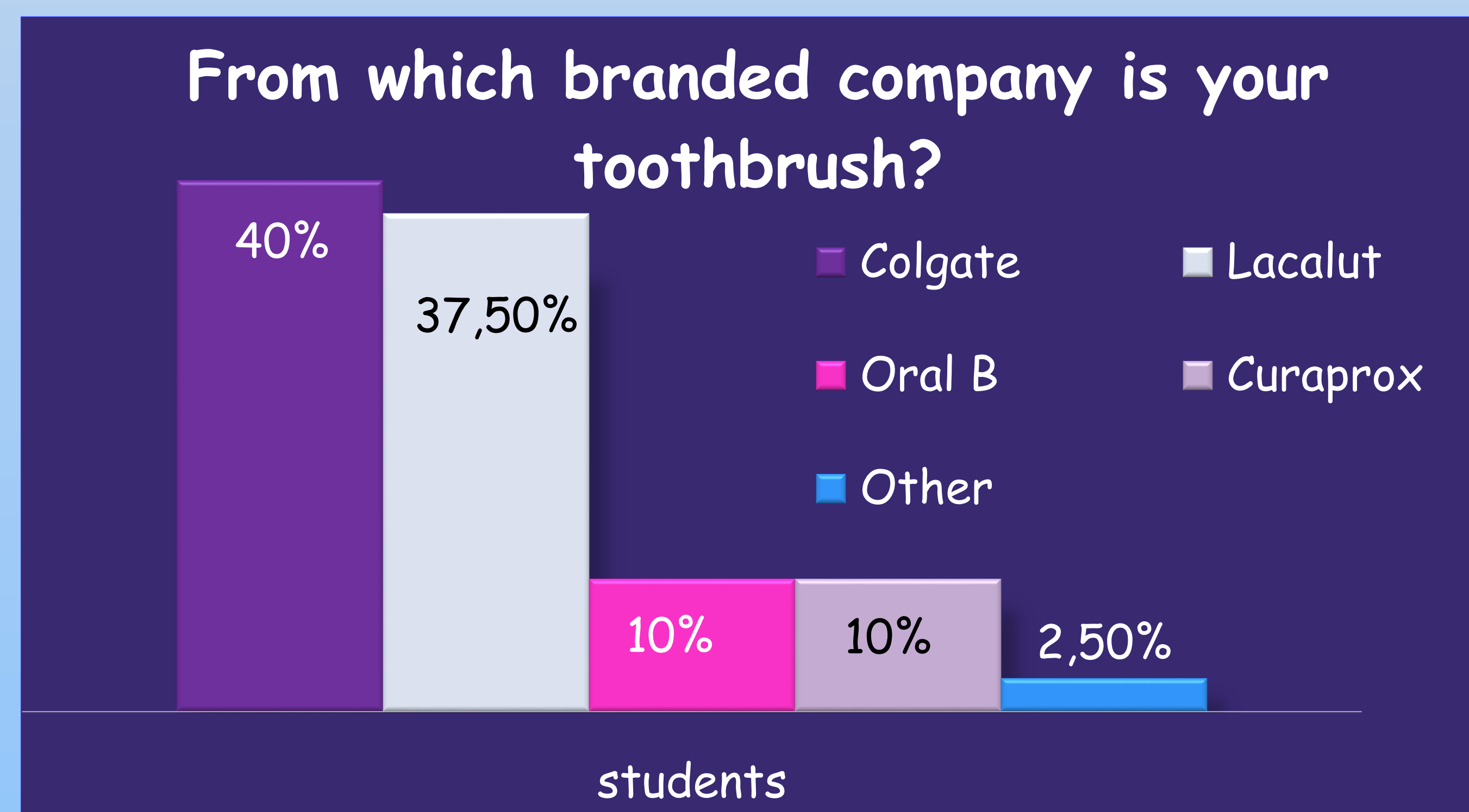
The aim of this study was to note the plenty of toothbrushes that everyone uses nowadays.

Material and method:

For the realization of this survey a questionnaire with four questions was made. Forty students from second year of Dental Medicine were included in the survey.

Results:

The most of the students (90%) use manual brush. Forty percentages answered that they use brush with soft fibers. The dentist helped to choose a brush in 45%. The most of them (40%) use Colgate toothbrush.



Conclusion:

As a general conclusion, the survey showed that various types of toothbrushes were used for proper oral hygiene. It was commonly used manual toothbrush with medium fiber recommended by the dentist.