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Using a Rechargeable Electric Toothbrush

A rechargeable electric toothbrush (also known as a “power” toothbrush) can help you do more to maintain the health of your teeth and gums. Many Oral-B rechargeable toothbrushes use oscillating-rotating technology to provide better oral health results than regular manual toothbrushes. This brushing action is very different from that of regular manual toothbrushes, as it provides the movement, while you need only guide it.

For that reason, some people may find brushing with an electric toothbrush easier once they learn how to do it properly. Just remember that the key to brushing well with an electric toothbrush is to guide the brush head to all parts of your mouth.

Before You Begin

Before you begin brushing, be sure to ask your dental professional for recommendations on technique. It also might be helpful to refer to the brushing instructions supplied with your electric toothbrush.

To start, apply a fluoride toothpaste to the brush head (and by the way, remember to replace the brush head on your power toothbrush every three months).

Two Minutes, Twice a Day

To brush your teeth correctly, spend at least two minutes using a recommended technique, which includes 30 seconds brushing each section of your mouth (upper right, upper left, lower right and lower left), both morning and night. Most rechargeable electric toothbrushes have built-in two-minute timers, and some even have professional timers that parse out 30 seconds for each quadrant to help you keep track.

Positioning the Electric Toothbrush

When using a rechargeable electric toothbrush, it isn't necessary to press hard or scrub. Simply guide the brush while it provides the brushing action. In fact, some electric toothbrushes, like Oral-B Triumph with SmartGuide, have pressure sensors that alert you when you're brushing too hard.

Step 1: Make sure your toothbrush is charged. Many electric toothbrushes have charge level indicator lights, so you can actually see when the toothbrush is charged.

Step 2: Start with the outside surfaces of the teeth. Guide the brush head slowly from tooth to tooth, holding the brush head in place for a few seconds against each tooth before moving on to the next one. Follow along with the shape of each tooth and the curve of the gums.

Step 3: Repeat Step 2 on the inside surfaces of the teeth.

Step 4: Repeat Step 2 on the chewing surfaces of the teeth as well as behind the back teeth.

Step 5: Direct the brush head along the gum line and upon the gums. Again, do not press hard or scrub.

Step 6: Try grazing the brush head along your tongue and the roof of your mouth, back to front, to help freshen your breath.

With proper brushing technique with a rechargeable electric toothbrush, a little practice every day will help make it feel like second nature. Before you know it, you'll be brushing with confidence knowing you're using the clinically proven technology of a rechargeable electric toothbrush to clean your teeth.

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