Two kinds of power toothbrushes

**Oscillating-rotating**
This kind of toothbrush has a small, round brush head that oscillates back and forth in a circular motion to help remove plaque. A small brush head can be very good for cleaning the hard-to-reach areas of your mouth. When using an oscillating-rotating toothbrush, you should gently move the brush head from tooth to tooth, letting the brush do the cleaning.

**Sonic**
This kind of toothbrush uses a vibrating side-to-side cleaning motion to remove plaque. The shape of this brush head is a lot like a manual toothbrush.

Quick facts about power toothbrushes

• Power toothbrushes provide a powered mechanical cleaning action to help remove plaque
• There are 2 main kinds of power toothbrushes: oscillating-rotating and sonic
• Power toothbrushes can include helpful features such as brushing timers, pressure sensors, brushing modes, and specialized brush heads
• A power toothbrush removes more plaque and improves gum health better than a regular manual toothbrush
Power toothbrushes can help you do a better job cleaning your teeth.

They get rid of more plaque from your teeth than a manual toothbrush.

Rechargeable power toothbrushes come with a charging station. That way they are always ready to use. You should replace the brush head every 3 months or when worn.

There are many types of power toothbrushes. For example, one kind uses an oscillating-rotating action and another uses sonic (side-to-side) action to clean your teeth.

Oral-B power toothbrushes provide a variety of special features

Brushing timer
Most people spend less than 1 minute when they brush with a manual toothbrush. A brushing timer helps you make sure to brush for the full 2 minutes suggested by dental professionals.

Pressure sensor
Available with a variety of Oral-B power toothbrushes, the visual pressure sensor helps you know if you are pressing too hard when brushing. That way you won’t hurt your gums.

Brushing modes
This feature lets you choose the way you brush. If you have sensitive teeth, for example, you can use a gentle mode. Your dental professional may recommend a specific brushing mode based on your needs.

Position detection
This feature is available only with a specialized type of power toothbrush such as the Oral-B GENIUS™. When synched with a smartphone, position detection allows you to track where you are brushing. This helps ensure you are brushing the way dental professionals recommend.

Power toothbrush heads come in a variety of different shapes and sizes to fit your needs

Specialized brush heads from Oral-B can help provide benefits such as tooth whitening or even advanced cleaning in the spaces between teeth.