

TOOTHBRUSH BRISTLE

Q:

I have been using a soft-bristled toothbrush for many years since this type of toothbrush is gentle on my teeth during brushing. However, I do not understand why medium or hard-bristled toothbrushes are still available in the market as they are likely to damage our teeth. Please explain the purpose of these medium/hard-bristled toothbrushes and when we should use them.

A:

You are right. A soft-bristled toothbrush is the safest and most comfortable choice. The bristles are gentle on our teeth during brushing, which is why dentists recommend brushing with soft-bristled toothbrushes.

Brushing your teeth a few times a day with a medium or a hard-bristled toothbrush can damage your gums, the root surface and the protective enamel of your teeth. Your gums will recede overtime, exposing your teeth roots which will lead to gum irritation and sensitivity.

Brushing with a hard-bristled toothbrush can hurt your gums, hence users of these toothbrushes are likely to avoid brushing near the margins of the gingival. When this area is not properly cleaned, bacteria and plaque will build up, leading to gingivitis and eventually, periodontal disease. This is a major cause of tooth loss and bad breath.

Medium and hard-bristled toothbrushes are still available in the market to meet consumer demands. Many customers still believe that these toothbrushes clean better, hence the big pool of shoppers for medium to hard-bristled toothbrushes. These users tend to brush their teeth vigorously as they believe that this is effective in removing teeth stains.



Dr Raymond Lim

Dr Raymond Lim graduated from the National University of Singapore with a Bachelor of Dental Surgery (B.D.S.). In 2013, he founded the B9 Dental Centre, which has placed emphasis on acquiring latest medical technology, maintaining strict hygiene standards and providing quality services to the

patients since the beginning. Thanks to the clinic's comprehensive expertise and trusted service, Dr Lim has seen early success, with the current three clinics opened within the first year of operation to meet the increasing demands and requests from the patients, ensuring high customer satisfaction.

For the past three years, B9 Dental Centre has always been providing quality services at a price which is fair, reasonable and transparent. It has garnered recognition from the patients and in the industry through various awards, motivating Dr Lim and his team to work even harder. The team hopes to change the way people see and understand dental care, and to offer better service to the patients.

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- 2016** The Prominent Brand
- 2015** The Entrepreneur of the Year (EYA)
- 2015** EYA for Social Contribution
- 2015** The Industry Star Winner
- 2015** Top 10 Special Achievement in Excellence in Patient Care
- 2015** International Chinese Entrepreneur
- 2014** Top 10 Special Achievement Awards in Dental Care



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According to a study published by the *Journal of Periodontology*, those who used hard-bristled toothbrushes suffered from more gum recession than users of soft-bristled toothbrushes. The effects were worsened by frequent brushing.

It is better to use softer-bristled toothbrushes to avoid this problem. Bear in mind that it is not the bristles alone that cause dental damage, but rather how hard you press against your teeth and gums while brushing. Avoid applying excessive pressure when brushing your teeth. **PRIVIE**

