

The Best Electric Toothbrushes, According to Dentists and Dental Hygienists

Dentists recommend these electric toothbrushes to keep gums healthy and teeth clean and pearly white.

While your dentist is probably most concerned with whether you brush and floss twice a day, they might also ask you what kind of toothbrush you use. If you're stuck in the dark ages using a manual toothbrush, you may want to consider upgrading your oral hygiene game and investing in a powered one.

With a traditional toothbrush, you're in control of the back and forth movement, which can leave room for user error. Meanwhile, an electric toothbrush does most of the work for you, so your only job is to guide it along the surface of your teeth, says [Shawn Sadri, D.M.D.](#), cosmetic and general dentist and founder of Zeeba White Teeth Whitening. (Related: [The Ultimate Guide to Teeth Whitening](#))

They may be more expensive than manual toothbrushes, but studies have shown that electric toothbrushes are more effective in removing plaque and reducing the risk of gingivitis. Plus, many of them can notify you if you're using too much pressure, and have a built-in, two-minute timer and different cleaning modes, notes [Daniel Naysan, D.D.S.](#), a Beverly Hills-based dentist and Pronamel consultant. Electric toothbrushes are also a good option for people with developmental disabilities or medical conditions (such as arthritis or [carpal tunnel](#)) since they're easier to operate, says Sadri. (Just an FYI: [An Ob-Gyn Has a Warning for People Who Use Electric Toothbrushes As Vibrators](#))

Ready to elevate your brushing routine? Between targeted Instagram ads for Quip, the Kardashians raving about Burst, and cult-favorite brands like Oral B and Philips, there are more electric toothbrushes available than ever before—which can also be a little overwhelming for those shopping for one for the first time. (Related: [5 Ways Your Teeth Can Impact Your Health](#))

Ahead, your guide to the best electric toothbrush options, according to dentists and dental hygienists.

Burst Sonic Toothbrush



The Kardashian crew and Chrissy Teigen rave about Burst, but is it worth the hype? Burst uses 33,000 sonic vibrations to power the brush and claims to give the deepest clean without causing bleeding gums. The nylon bristles are also infused with a soft charcoal, which has antimicrobial properties to keep bristles clean between head replacements and helps remove surface stains to whiten teeth.

The slim head design and soft bristles are also important if you have sensitive teeth, points out Naysan. "Sensitive brush heads are usually narrow so it can easily wrap around the back of the last molars to ensure all surfaces of the teeth are cleaned," he adds.

Buy It: Burst Sonic Toothbrush, \$70, amazon.com