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: How do I choose a toothbrush?

A Below are some tips:

- 1. Remember: the Softer the better.
- 2. Go nylon, not natural.
- 3. Choose a handle with care. What you should really look for is toothbrush handle that feels comfortable in your hand and is easy to maneuver.
- 4. Does it have a timer? Many electric and power toothbrushes are equipped with timers to alert you when you've brushed for 2-3 minutes.
- 5. Does it have a sensor? Some electric toothbrushes are equipped with sensors, which stop the vibrations if you brush too hard.