A toothbrush is an oral hygiene tool used to clean the teeth, gums, and tongue. It consists of a head of tightly clustered bristles, atop of which toothpaste can be applied, mounted on a handle which facilitates the cleaning of hard-to-reach areas of the mouth. They should be used in conjunction with something to clean between the teeth where the bristles of the toothbrush cannot reach.

Several specific types of toothbrushes are available:

1. **Manual Toothbrushes**
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   - Often the simplest and most affordable option.

2. **Electric Toothbrushes**
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   - Can provide a more thorough cleaning with oscillating or rotary movements.

3. **Power Toothbrushes**
   - 
   - Similar to electric toothbrushes but have additional features like built-in timers or pressure sensors.

4. **Interdental Brushes**
   - 
   - Designed for cleaning between teeth where a toothbrush cannot reach.

5. **Teeth Whitening Toothbrushes**
   - 
   - Specifically designed to help with the removal of stains and discoloration.

6. **Specialty Toothbrushes**
   - 
   - Tailored for individuals with special needs or orthodontic appliances.

7. **Biodegradable Toothbrushes**
   - 
   - Made from sustainable materials for eco-friendly use.

The choice of which type of toothbrush is best depends on individual needs and preferences. When selecting a toothbrush, consider factors such as ease of use, cleaning effectiveness, and budget.

**References**

would you brush your teeth with a tablet? new chewable 'spheres' whiten your smile without the need for regular toothpaste

Ms Petito's remains were found on 19 September. Her death was ruled a homicide by way of manual strangulation. Mr Bertolino told Fox News that he believed the forensic anthropologist’s examination

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Eleven gifts for the hypochondriac in your life

Prior to the procedure at the bespoke dentistry Ruh Dental, the Surrey star gave a teasing preview as she sat in the chair, penning that she was 'so excited', followed by countless exclamation marks.

Olivia Attwood flaunts her incredible figure in a skimpy black bikini

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Care to join them? You may desire to live in the country on some acreage or in a small, quiet town. We hear from many of you, however, that making the switch to living out your rural homesteading