

## TOOTHBRUSHES AS A PERSONAL HYGIENE TOOL

Horiaiev A. V., Diadiun T. V.

National University of Pharmacy, Kharkiv, Ukraine

trunovacommodity@gmail.com

**Introduction.** Toothbrush is the main tool to remove dental plaque from teeth and gums surface. This oral cavity hygiene device should be chosen individually, considering features of teeth and gums of every man.

**Aim.** Determination of various parameters of toothbrushes influencing hygiene quality and health of oral cavity.

**Materials and methods.** Objects of the study were toothbrushes and their parameters at choice.

**Results and discussion.** Toothbrush consists of a head with bristles, handle and a connective neck. The bristle was traditionally made of natural materials (porcine hair). The natural one, due to certain drawbacks was limiting and shortening the abilities to develop more advanced toothbrushes. That is why since 1938 the bristle is made of synthetic materials (nylon).

Bristles of toothbrushes might be of different thickness (which mostly determines their hardness), flexibility and with variously treated ends. The optimum height of bristles is 10-12mm. By the degree of hardness there are 5 grades: very hard, hard, medium, soft, very soft. In many modern brushes bristles of various hardness are combined: thus, central, harder bristles are intended to effectively clean chewing surfaces of teeth (often they are shorter), and peripheral, softer (and often longer) bristles less traumatically clean gums. Often bristles of various hardness are differently colored. The ends of artificial bristles of modern toothbrushes are rounded, that increases their polishing ability and prevents injury of periodontal tissue and oral mucosa. The end might also be sharpened and obtuse. Sharpened ends are better to clean teeth and interdental space. Obtuse ones, in turn, massage gums well.

An important parameter choosing a toothbrush is its head. For optimum cleaning performance it should 2-3 teeth. Usually width of a toothbrush head is 7,5-11mm for adults and 7-9mm for children. Very often on the back side of the head there is a special rubber brush for tongue cleaning that results in more detailed oral cavity care.

**Conclusions.** For correct choice of a toothbrush individual features of each man's oral cavity should be considered. The best decision before the choice should be dentist's consult because inappropriate choice of a toothbrush might lead to trauma and diseases of oral cavity.