Toothbrushing is fundamental to oral hygiene. Children differ in manual dexterity and their grip on toothbrushes. We videotaped toothbrushing sessions and observed the grip type, duration of brushing, and brushing technique used among 100 children aged 8-12 years. We then investigated the association between grip type and plaque removal, using plaque scores obtained at various time points. We further examined the effect on plaque scores of standardizing both brushing technique and duration among the same participants. The most common grip was the distal oblique, followed by the oblique; the spoon and precision grips were rare, and no child used a power grip. Mean brushing duration for most children was 1.43 ± 0.85 min, and the most common brushing technique was horizontal scrubbing. We conclude that grip preference is inherent and that the distal oblique grip was better than the oblique grip in removing plaque. (J Oral Sci 54, 183-190, 2012)
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Tooth brushing habits become established during the first years of childhood and last throughout lifetime. To assess tooth-brushing characteristics, the procedure was videotaped at school and a questionnaire on oral hygiene knowledge, attitudes and practices was completed. A total 146 5- to 8-year-old low-SES schoolchildren from Bogotá participated. Effect of brushing times and dentifrice on plaque removal concluded that oral health care professionals should reinforce efforts to persuade patients to brush for longer periods of time, as increasing brushing time to the consensus minimum of two minutes increases plaque removal to an extent likely to provide clinically significant oral health benefits.1 These results are consistent with previous findings. Dentino et al reported that while only 17 percent of manual toothbrush users meet the two-minute brushing time recommendation, 66 percent of powered tooth-brush users were two-minute compliant.3 These results suggest that timing devices provide meaningful feedback to patients. The effect of brushing time and dentifrice on dental plaque removal in vivo. J Dent Hyg.