

Technology  
for all:

New ideas  
for dental  
health



# DANDY HANDY LI'L THINGS

**B**rushing your teeth is often regarded one of the simplest activities you can do.

It's as easy as... brushing

your teeth, right?

Even this easiest of activities, however, can go high tech. There are some new gadgets available to us today

to help keep our smiles shiny and bright.

Modern toothbrushes are way more techy than the bristled sticks of plastics of yore.

Quip (starting at around \$25) is a subscription-based oral care line. The company offers several different plans so that, without you giving it a second thought,

a new brush head comes to your home every three months. The electric brush, which comes in an array of finishes and colors, ensures you're brushing for the full two minutes by using a series of 30-second pulses.

The Colgate Smart Electric Toothbrush (around \$100) is armed with artificial intelligence that creates recommendations based on your personal brushing pattern. These toothbrushes track your brushing movements to give you feedback about how you can brush better.

Foreo Issa (around

\$100) is a Swedish toothbrush with silicone bristles to massage your gums and teeth with soft brushes that are great for sensitive teeth. If you're an over-brusher or a hard brusher, this might be the gentle brush for you.

Flossing can't be much simpler than string stretched tight between your fingers, and it can't be much more sophisticated than some of the new high-tech flossers.

The Instafloss (around \$200) promises a comfortable, effective, 10-second floss. It uses multiple water jets that you sweep around your mouth for a 360-degree floss around every single tooth. The makers say it's more comfortable than traditional string floss.

Burst Expanding Floss (around \$10) looks like the simple strand of floss, but when activated by saliva, it expands to cover more surface area. It also features a charcoal coating that Burst says removes stains from teeth.

**Brush right,  
floss right,  
and use  
the phone  
application**

(See **THINGS**, Next Page)



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