

Manual or Electric? Toothbrush Decision Worksheet

Use this worksheet to identify your needs before comparing brushes. Both manual and powered brushes can clean effectively when used properly.

Name / date:

1. What would make brushing easier?

- ☐ An easier grip or less repetitive hand movement
- ☐ A smaller head to reach difficult areas
- ☐ A lighter handle or simpler controls
- ☐ A reminder to brush long enough or use gentler pressure
- ☐ No charging, less noise, or less vibration

Other difficulty / feature I need:

2. My preferences and budget

Handle weight / grip / vibration preferences:

Charging or battery needs / travel considerations:

Purchase budget / ongoing replacement budget:

Questions about my gums, dental work, or technique:

Ask your dental team for guidance if brushing hurts or you cannot reach areas comfortably. Buying a different brush does not replace needed dental care.

Compare My Options

Toothbrush Decision Worksheet

Write a model name or describe each option. Mark unknown details with a question mark and verify them before buying.

Feature	Option A	Option B
Name / manual or powered		
Soft bristles / head size		
Grip / weight / controls		
Timer / pressure feedback		
Charging / noise / vibration		
Purchase price		
Replacement cost / availability		

My choice or next step / why it fits:

What I still need to ask or verify:

Dental team recommendations:

Source: American Dental Association, Toothbrushes. Educational decision aid; no product endorsements or guaranteed results.