

Oral care recommendations during orthodontic treatment

Key to getting the most out of braces, fixed appliances or clear aligners is maintaining a good oral care routine throughout treatment. Here are some habit-building recommendations to keep in mind.

At-home care



Brush

Choose one designed specifically for gum health. Brush teeth and braces three times a day for two minutes.



Clean appliances

Clean aligners, removable or fixed appliances carefully with your Sonicare.



Interdental cleaning

Clean between teeth thoroughly at least once a day to remove harmful bacteria.



Clean tongue and rinse

Break up tongue coating before using a therapeutic mouthwash (as directed by your dental professional).



Replace

Replace your brush head every three months for optimal results.

Additional guidance



Kids

Young kids with braces should have parents assist or supervise while brushing and use fluoridated toothpaste



Tweens/Teens

Kids ages 11+ should start rinsing once per day with alcohol-free, antibacterial mouthwash



Adults

Adults should clean their tongue to fight bad breath

Diet

Braces and fixed appliances	Clear aligners
<ul style="list-style-type: none"> Limit sugary foods and drinks Avoid sticky and/or hard food 	<ul style="list-style-type: none"> Drink only water while wearing aligners Remove aligners before eating Brush teeth after eating or drinking foods that stain

Complementing your orthodontic treatment with the right tools

Incorporate these Philips products into your daily routine

Philips Sonicare Power Flosser uses Quad Stream nozzle to create four wide streams that thoroughly clean between teeth and along the gumline. It removes up to 99.9% plaque in treated areas¹ and is up to 1.8x more effective than floss in improving gum health.²

Philips Sonicare Premium All-in-One brush head with a Sonicare handle removes up to 20x more plaque even in hard-to-reach areas³ and up to 100% stain reduction.⁴



Philips Sonicare electric toothbrushes are clinically tested and precision balanced for a superior clean.



Address oral care conditions with Philips products

	Gum disease <ul style="list-style-type: none"> Increase brushing time to 3 minutes using a Sonicare power toothbrush in Gum Health mode Use a Sonicare Premium Gum Care or Premium All-in-One brush head 		Cavities and decalcification <ul style="list-style-type: none"> Increase brushing time to 3 minutes using a Sonicare power toothbrush in Deep Clean mode Use a Sonicare Premium Gum Care or Premium All-in-One brush head
	Bad breath <ul style="list-style-type: none"> Use TongueCare+ to remove biofilm on the tongue and drive the antimicrobial rinse deep into the tongue surface 		Stained teeth <ul style="list-style-type: none"> Philips Zoom! take-home professional whitening brightens teeth while minimising sensitivity and helps protect enamel Use White mode on a Sonicare power toothbrush with Premium All-in-One brush head

1 in an in-vitro study, actual in-mouth results may vary
 2 when used with Quad Stream nozzle on setting 8 with a manual toothbrush, vs. using a manual toothbrush with string floss
 3 vs. a manual toothbrush
 4 based on initial lab studies

This does not constitute medical or dental advice and is for guidance only.

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The 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions resulted in a new classification of periodontitis characterized by a multidimensional staging and grading system. These charts provide an overview. Please visit perio.org/2017wwdc for the complete suite of reviews, case definition papers, and consensus reports. Tables from Tonetti, Greenwell, Kornman. J Periodontol 2018;89 (Suppl 1): S159-S172.