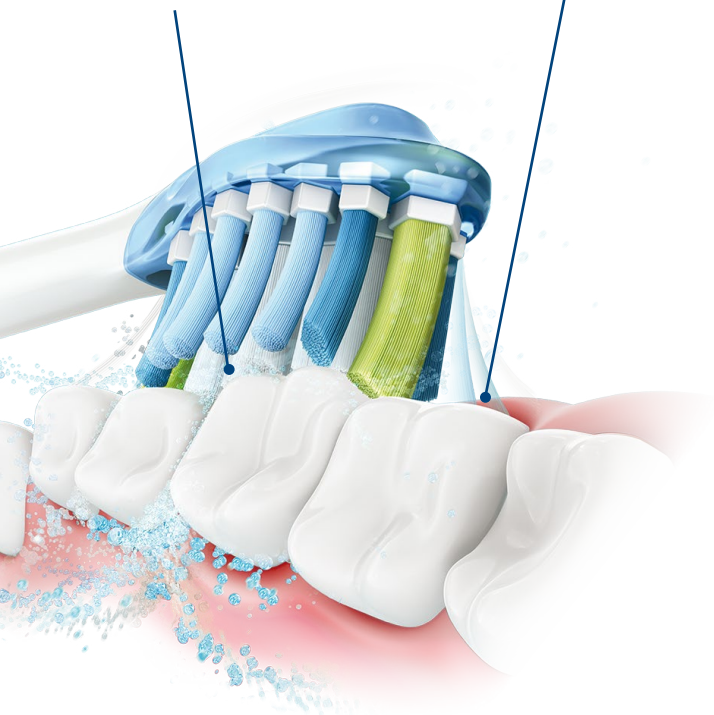


Always get it right with Philips Sonicare

Glide the brush gently
along the gumline to
remove plaque — no
scrubbing needed

Use a light grip to
avoid applying too
much pressure



Angle the brush head 45 degrees
towards the gumline



Follow your brush's timed
pacer to move to a new
section of your mouth

Talk with your dental professional about how
these products from Philips can complement
a healthy oral care regimen.



Philips Sonicare power toothbrush handles

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



Philips Sonicare All-in-One and Premium Plaque Control brush heads

Clinically proven to provide
superior plaque removal to
help reduce risk of cavities.



Philips Sonicare BreathRx toothpaste

Fluoridated toothpaste
helps protect against
cavities with consistent
oral hygiene practices.



Philips Sonicare Power Flosser

Up to 2x more effective than
floss in removing plaque
between teeth and along
the gumline.*



Your personalized treatment plan



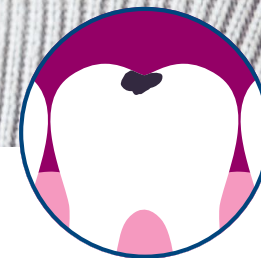
* when used on setting 8 with a manual
toothbrush in patients with moderate to
severe gingivitis vs. using manual toothbrush
with string floss

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PHILIPS

sonicare

Dental caries



At-a-glance: Preventing cavities

What to know about cavities

When bacteria on teeth break down foods, they produce acid that destroys tooth enamel — leading to tooth decay. If teeth are exposed to this acid frequently, it causes the enamel to lose minerals and eventually form cavities.¹

What factors contribute to cavities?²



Oral health

- Poor oral hygiene
- Exposed root surfaces
- Dry mouth (xerostomia)
- Faulty fillings



Diet

- High sugar content
- High levels of starch



Medical conditions

- Head and neck radiation therapy
- Eating disorders
- Substance abuse

¹ <https://www.nidcr.nih.gov/health-info/tooth-decay/more-info/tooth-decay-process>

² American Dental Association. (2007). Fluoride treatments in the dental office: Extra protection for your Teeth. JADA, 138, 420.

Symptoms of cavities

- Toothache/abscess
- Tooth sensitivity to hot or cold
- Holes, pits or stains in teeth
- Pain when chewing
- White spots on teeth

Did you know? Cavities aren't always painful, especially in the early stages.



Preventing cavities

The Philips Sonicare DiamondClean Smart power toothbrush uses advanced Sonicare technology to deliver an exceptional clean.

62k
movements
per minute

Bristle movements gently and effectively remove plaque to help fight cavities

Removes up to
20x
more plaque
than a manual
toothbrush*



*When using a Premium All-in-One brush head

Small steps with a big impact

An effective daily oral care routine can help prevent cavities. Make sure to follow these simple steps.



Brush

Brush your teeth with a fluoridated toothpaste twice a day for two minutes. The right tool and technique make all the difference.



Focus on gumline

For areas of recession, be sure to clean gently along the gumline.



Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums.



Replace

Replace your brush head every three months for optimal results. Choose one designed to remove plaque deep between teeth.



Checkups

Visit the dental office 2 times a year, and ask your dental hygienist about professional fluoride treatments.