

**PHILIPS**

**sonicare**

Gingival health

# How to achieve gingival health

## Symptoms of gingivitis

- Swollen or puffy gums
- Tender gums
- Bleeding when brushing or flossing
- Persistent bad breath

## Risk factors

Certain factors can increase your risk for gingivitis

- Hormonal changes
- Poor oral hygiene
- Tobacco and recreational drug use
- Diabetes
- Stress
- Some prescription medications
- Defective fillings and restorations
- Crooked teeth

## Treatments

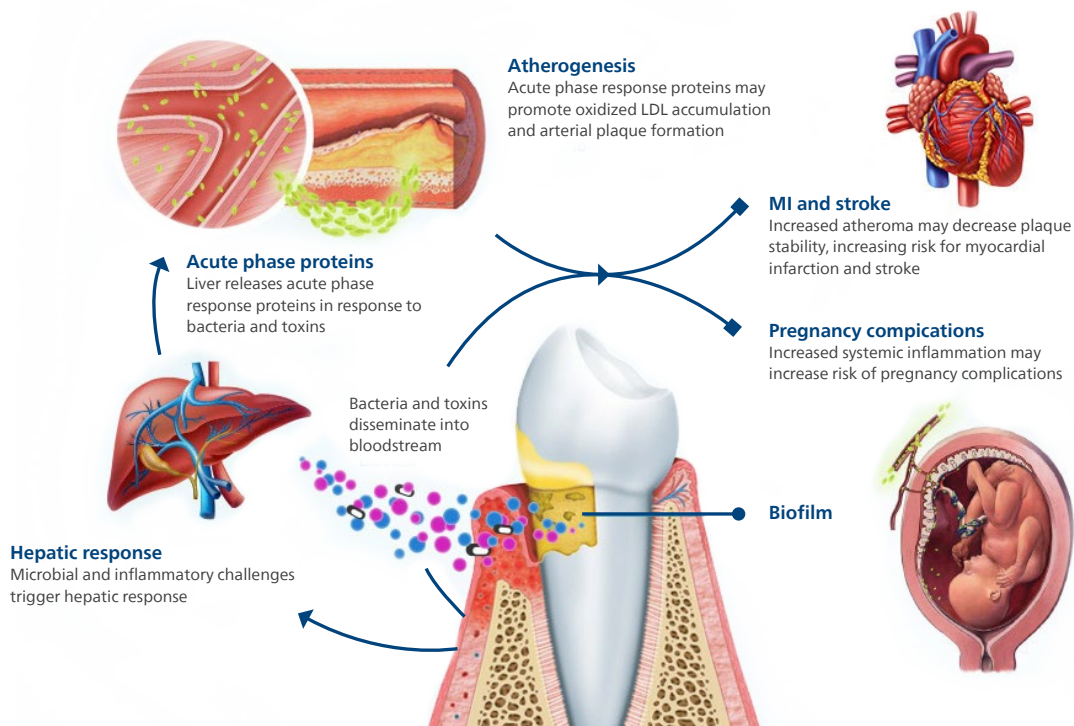


**Scaling and root planing**



**Polishing**

## Many serious illnesses may be linked to your oral health



# Managing gingivitis at home

Making sure your oral care routine includes these steps can help improve your gum health.



## Brush

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



## Interdental cleaning

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



## Rinse

Use a therapeutic mouthwash to help reduce bacteria that cause gum disease.



## Replace

Replace your brush head every three months for optimal results. Choose one designed specifically for gum health.



## Checkups

Visit the dental office regularly to monitor and maintain your gum health.

## Solutions designed for gum care

### Philips Sonicare Power Flosser

Quad Stream nozzle creates four wide streams to thoroughly clean between teeth and along the gumline. It is up to 180% more effective than string floss at improving gum health.<sup>1</sup>



### Philips Sonicare ExpertClean power toothbrush

Use the brush in Gum Health mode with the Sonicare app to focus on improving gum health.



### Philips Sonicare Premium Gum Care brush head

Get up to 7x healthier gums in 2 weeks<sup>2</sup> with extra-soft bristles that target plaque at the gumline.



### Philips Sonicare BreathRx

Clinical-strength rinse helps neutralize bacteria that cause gum disease.

