

Choose the right brush head.

### For ages 3–11



#### Sonicare For Kids brush heads

- Extra-soft bristles for gentle, effective cleaning
- Remove up to 75% more plaque<sup>1</sup>



### For ages 11+



#### InterCare brush head

- Extra-long high-density bristles target hard-to-reach areas
- Removes up to 7x more plaque<sup>2</sup>



#### DiamondClean compact brush head

- Smaller brush head size makes it easier to clean around brackets
- Up to 100% more plaque removal<sup>2</sup>



### For specific oral care issues



#### Premium Gum Care brush head

- Up to 7x healthier gums in just 2 weeks<sup>3</sup>
- Extra-soft edge bristles target plaque at the gumline



#### Premium Plaque Control brush head

- Up to 10x more plaque removal for great results<sup>2</sup>
- Soft flexing sides for up to 4x more surface contact<sup>4</sup>



Replace your brush head at least every 3 months

1 vs. a children's manual toothbrush

2 vs. a manual toothbrush

3 on a ExpertClean in Gum Care mode vs a manual toothbrush; measured by GBI

4 vs. a standard size DiamondClean brush head

5 in an in-vitro study, actual in-mouth results may vary

Complement your orthodontic treatment with these products from Philips.



#### Philips Sonicare handles

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



#### Philips Sonicare Power Flosser

Quad Stream nozzle creates four wide streams to thoroughly clean around braces. It removes up to 99.9% of plaque in treated areas.<sup>5</sup>



#### Philips Sonicare TongueCare+ brush head and BreathRx

Tongue cleaner and antimicrobial rinse help neutralize bacteria that cause odor and gum disease.



### Your personalized treatment plan

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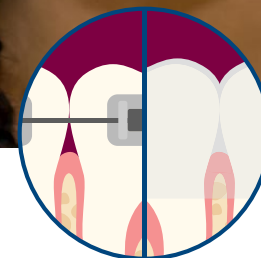


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**sonicare**

Orthodontics



At-a-glance:  
Protecting your  
future smile

# Orthodontics and oral care

Key to getting the most out of braces, a fixed appliance or clear aligner is maintaining a good oral care routine throughout treatment.

## Tips for protecting your investment

Reduce foods and drinks that can harm/damage your teeth and braces.



Limit sugary foods and drinks



Avoid sticky and hard foods

When wearing aligners, follow these tips:



Drink only water while wearing aligners



Remove aligners before eating



Brush teeth after eating or drinking foods that stain

## Signs to watch for during orthodontic treatment

Signs of gum disease may include:

- Swollen or puffy gums
- Receding or tender gums
- Bleeding when you brush or floss
- Persistent bad breath

Signs of cavities may include:

- Toothache or pain with biting
- Tooth sensitivity to hot or cold
- Holes and pits in teeth
- White spots around brackets



## Brushing effectively with braces

### Start brushing above the braces

Hold the brush at a 45-degree angle to the brackets



### Brush below the braces

Rotate the brush so it's angled up to reach below the brackets



### Brush along the surface of the braces

Brush the braces straight-on to ensure they're clean



### Continue to other surfaces of the teeth

Brush the inside and chewing surfaces of the teeth as normal



## Small steps with a big impact

An effective daily oral care routine can help prevent gum disease and cavities.



### Brush

Brush your teeth and braces three times a day for two minutes. Follow the guide above for proper brushing technique.



### Clean appliances

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



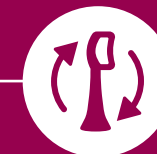
### Interdental cleaning

Clean between teeth once a day to remove harmful bacteria.



### Clean tongue and rinse

Break up tongue coating before using a therapeutic mouthwash that reduces bacteria responsible for gum disease and bad breath.



### Replace

Replace your brush head at least every 3 months for optimal results.