

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 plaque¹



For ages 11+



InterCare brush head

- Extra-long high-density bristles target hard-to-reach areas
- Removes up to 7x more plaque²



DiamondClean compact brush head

- Smaller brush head size makes it easier to clean around brackets
- Up to 100% more plaque removal²



For specific oral care issues



Premium Gum Care brush head

- Up to 7x healthier gums in just 2 weeks³
- Extra-soft edge bristles target plaque at the gumline



Premium Plaque Control brush head

- Up to 10x more plaque removal for great results²
- Soft flexing sides for up to 4x more surface contact⁴



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.⁵



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



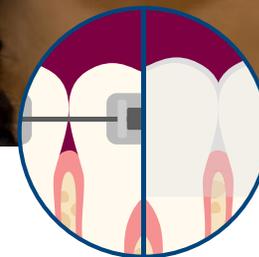
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Orthodontics



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.