

# Home care for improved gum health

Philips Sonicare solutions are designed for ease of use to help you brush and floss, minimizing your risk for gum disease.



## Gentle and effective brushing with Philips Sonicare ExpertClean

- 
**Advanced Sonicare technology**  
 62K bristle movements per minute gently and effectively remove plaque to improve gum health.
- 
**SmarTimer and Brushpacer**  
 Helps you cover all areas of the mouth and brush for the full recommended 2 minutes.

## Effortless flossing with Philips Sonicare Power Flosser

- 
**Quad Stream nozzle**  
 Uses a unique cross-shape to create four wide streams to thoroughly clean between teeth and along the gumline.



- 
**Pulse Wave technology**  
 Prompts you to glide the nozzle to the next space between teeth.

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

- 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>1</sup> with extra-soft edge bristles that target plaque at the gumline.



- Philips Sonicare Power Flosser**  
 Up to 180% more effective than string floss at improving gum health.<sup>2</sup>



- Philips Sonicare BreathRx**  
 Clinical-strength rinse helps neutralize bacteria that cause gum disease.



### Your personalized treatment plan

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

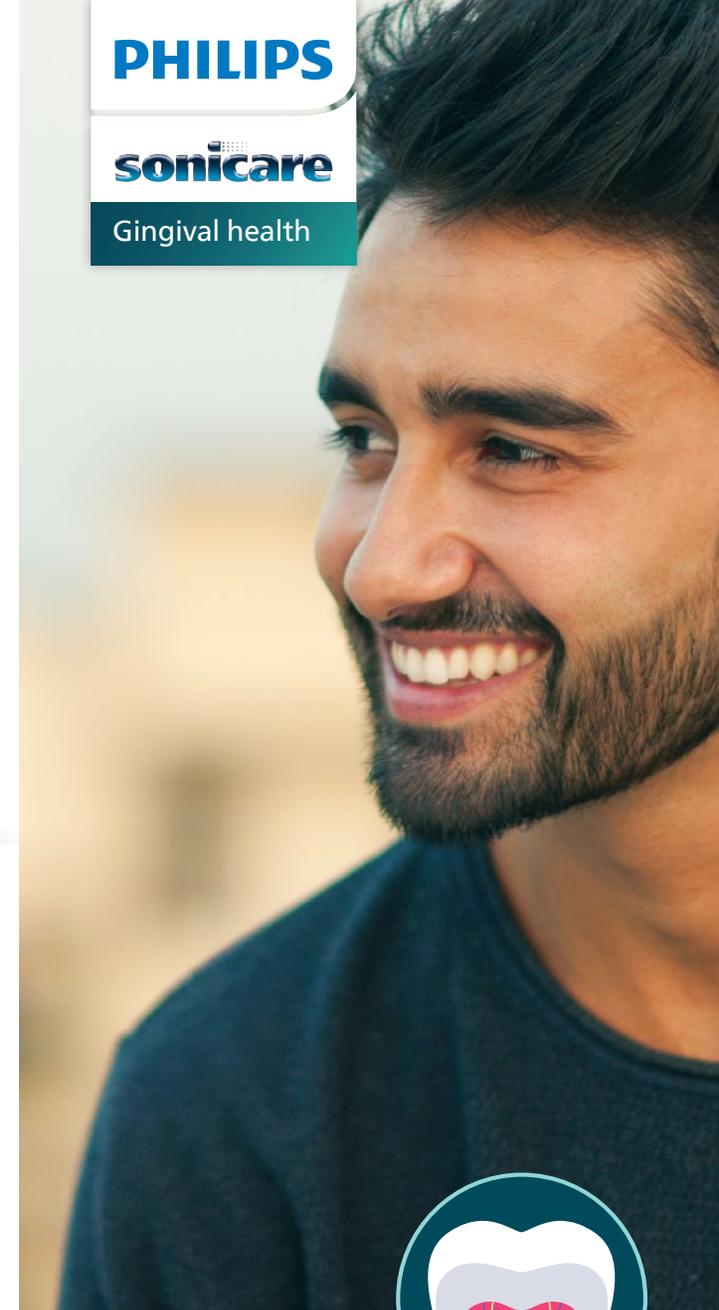


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**PHILIPS**

**sonicare**

Gingival health



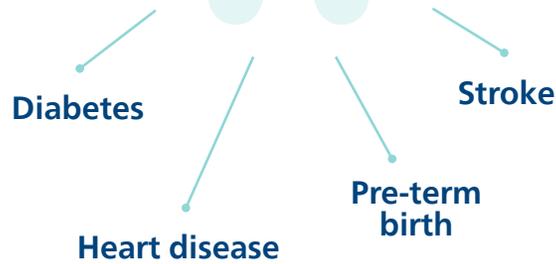
At-a-glance:  
**Achieving healthy gums**

# Gingivitis explained

Gingivitis is a common, mild type of gum disease. Taking care of your gums is just as important for your oral health as it is for your overall health. Talk to your dental professional about your gum health.

## It's about more than your smile

Many serious illnesses may be associated with your oral health



### Symptoms of gingivitis

Signs typically depend on the severity of the infection, and may include:

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

If gingivitis is left untreated, it can lead to:

- Pain when chewing
- Loose teeth or tooth loss
- Bone loss (periodontitis)



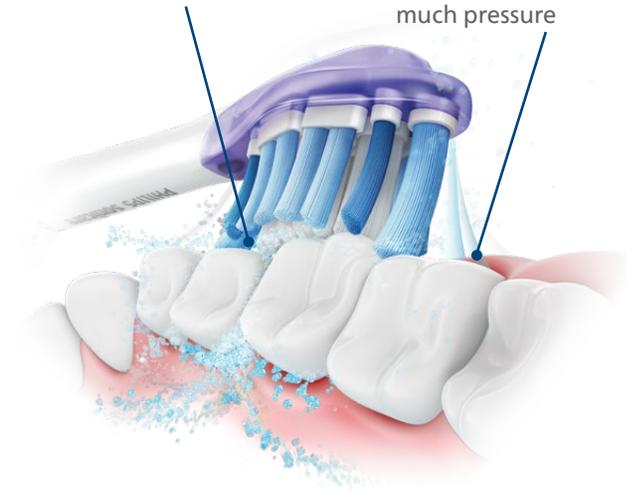
# Always get it right

Philips Sonicare ExpertClean with a Premium Gum Care brush head offers significant benefits to achieving optimal gum health.

### Tips for best results

Glide the brush head along the gumline - no need to scrub

Use a light grip to avoid applying too much pressure



Angle the brush head 45 degrees towards the gumline

## Small steps with a big impact

Establishing a healthy oral care routine is key to maintaining healthy gums and even reversing signs of early gum disease.



### 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.