

PHILIPS

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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

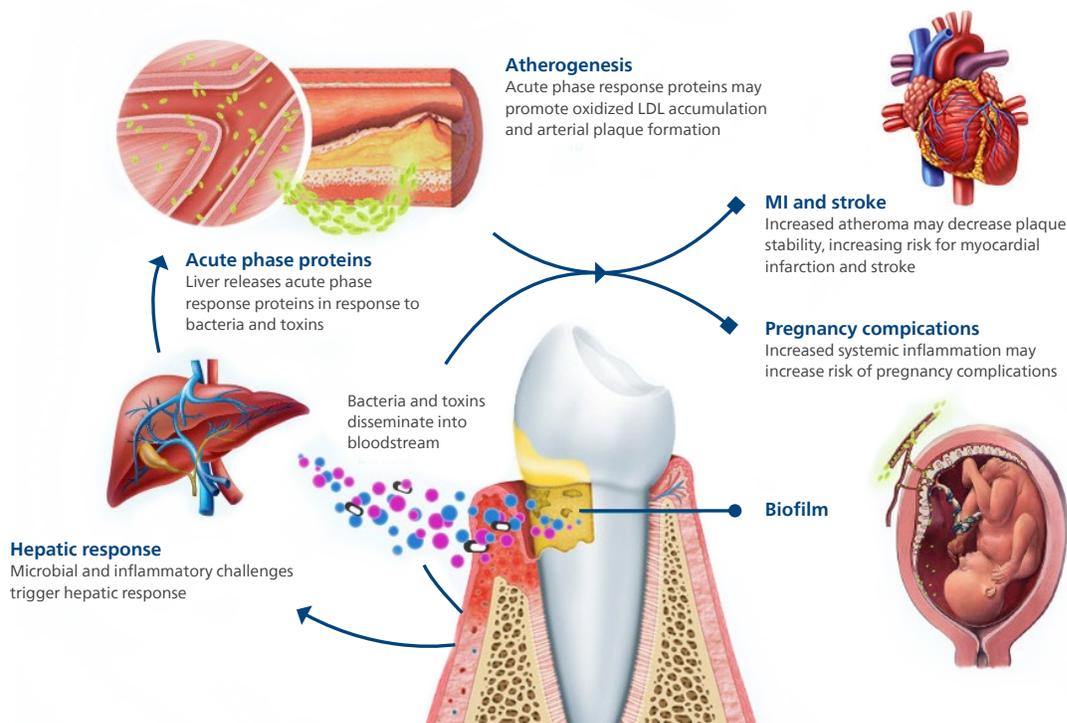


Scaling and root planing



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.¹



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 weeks² with extra-soft bristles that target plaque at the gumline.



Philips Sonicare BreathRx

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

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

2 vs. a manual toothbrush