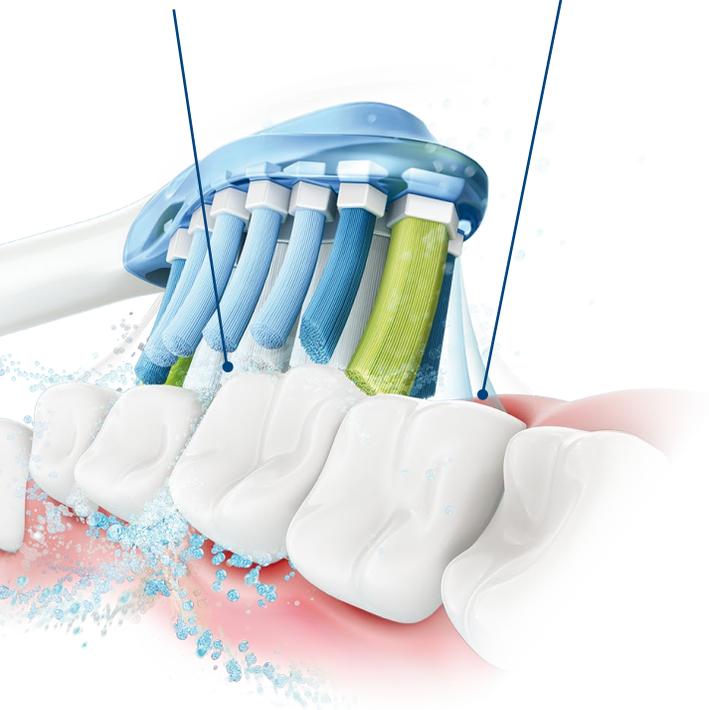


## Always get it right with Philips Sonicare

Glide the brush gently along the gumline to remove plaque — no scrubbing needed

Use a light grip to avoid applying too much pressure



Angle the brush head 45 degrees towards the gumline



Follow your brush's timed pacer to move to a new section of your mouth

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



### Philips Sonicare power toothbrush handles

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



### Philips Sonicare All-in-One and Premium Plaque Control brush heads

Clinically proven to provide superior plaque removal to help reduce risk of cavities.



### Philips Sonicare BreathRx toothpaste

Fluoridated toothpaste helps protect against cavities with consistent oral hygiene practices.



### Philips Sonicare Power Flosser

Up to 2x more effective than floss in removing plaque between teeth and along the gumline.\*



### Your personalized treatment plan

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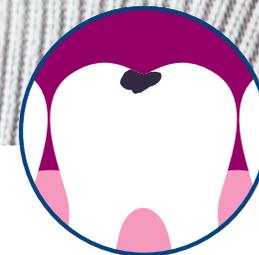
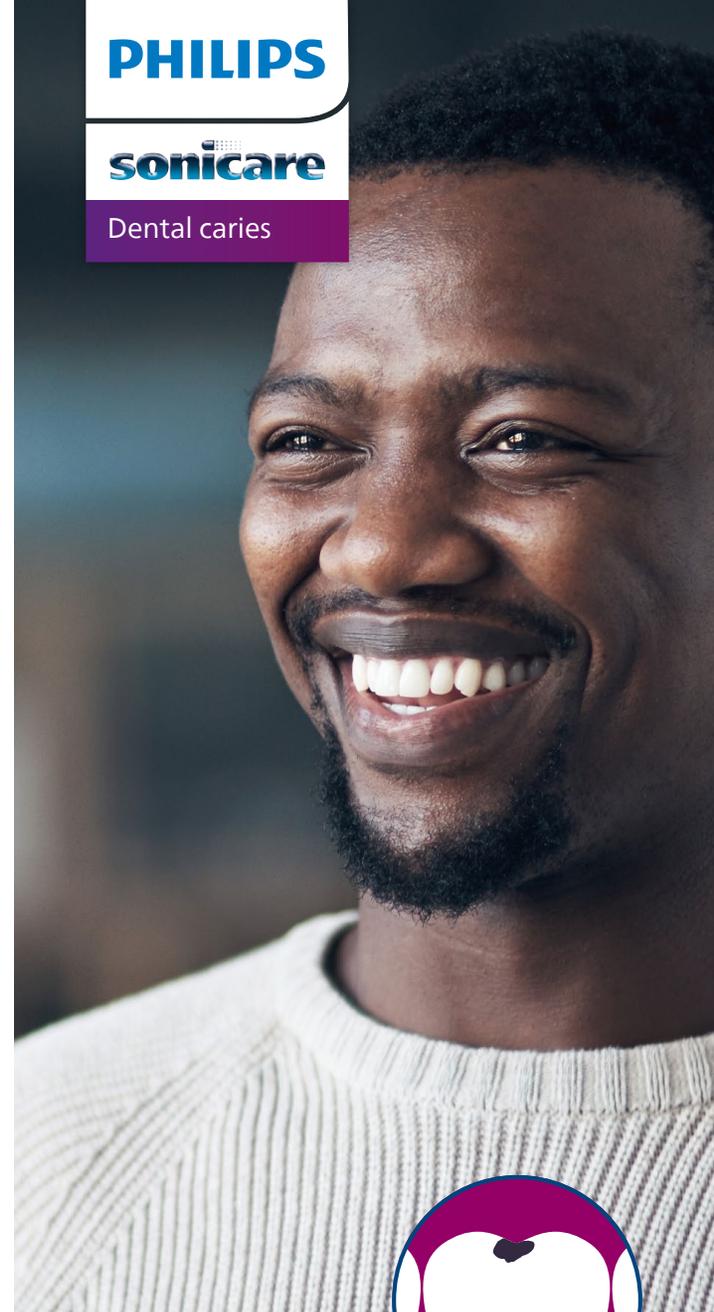
\* when used on setting 8 with a manual toothbrush in patients with moderate to severe gingivitis vs. using manual toothbrush with string floss

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**PHILIPS**

**sonicare**

Dental caries



At-a-glance:  
**Preventing cavities**

# What to know about cavities

When bacteria on teeth break down foods, they produce acid that destroys tooth enamel — leading to tooth decay. If teeth are exposed to this acid frequently, it causes the enamel to lose minerals and eventually form cavities.<sup>1</sup>

## What factors contribute to cavities?<sup>2</sup>



### Oral health

- Poor oral hygiene
- Exposed root surfaces
- Dry mouth (xerostomia)
- Faulty fillings



### Diet

- High sugar content
- High levels of starch



### Medical conditions

- Head and neck radiation therapy
- Eating disorders
- Substance abuse

<sup>1</sup> <https://www.nidcr.nih.gov/health-info/tooth-decay/more-info/tooth-decay-process>  
<sup>2</sup> American Dental Association. (2007). Fluoride treatments in the dental office: Extra protection for your Teeth. JADA, 138, 420.

## Symptoms of cavities

- Toothache/abscess
- Tooth sensitivity to hot or cold
- Holes, pits or stains in teeth
- Pain when chewing
- White spots on teeth

Did you know? Cavities aren't always painful, especially in the early stages.



# Preventing cavities

The Philips Sonicare DiamondClean Smart power toothbrush uses advanced Sonicare technology to deliver an exceptional clean.

**62k**  
movements  
per minute

Bristle movements gently and effectively remove plaque to help fight cavities

Removes up to  
**20x**  
more plaque  
than a manual  
toothbrush\*



\*When using a Premium All-in-One brush head

## Small steps with a big impact

An effective daily oral care routine can help prevent cavities. Make sure to follow these simple steps.



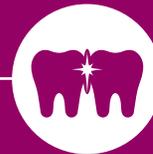
### Brush

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



### Focus on gumline

For areas of recession, be sure to clean gently along the gumline.



### Interdental cleaning

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



### Replace

Replace your brush head every three months for optimal results. Choose one designed to remove plaque deep between teeth.



### Checkups

Visit the dental office 2 times a year, and ask your dental hygienist about professional fluoride treatments.