

Oral care recommendations during orthodontic treatment

Key to getting the most out of braces, fixed appliances or clear aligners is maintaining a good oral care routine throughout treatment. Here are some considerations to keep in mind.

Diet

Braces and fixed appliances	Clear aligners
 Limit sugary foods and drinks	 Drink only water while wearing aligners
 Avoid sticky and/or hard food	 Remove aligners before eating
	 Brush teeth after eating or drinking foods that stain

At-home care



Additional guidance



Kids

Young kids with braces should have parents assist or supervise while brushing and use fluoridated toothpaste



Twens/Teens

Kids ages 11+ should start rinsing once per day with alcohol-free, antibacterial mouthwash



Adults

Adults should clean their tongue to fight bad breath

Incorporate these products into your daily routine

Philips Sonicare Power Flosser uses Quad Stream nozzle to create four wide streams that thoroughly clean between teeth and along the gumline. It is proven to be up to 180% more effective than string floss at improving gum health.²

Philips Sonicare InterCare brush head with a Sonicare handle removes up to 7x more plaque with extra-long bristles that clean better around brackets and braces.³



Philips Sonicare handles are clinically tested and precision balanced for a superior clean.

Addressing oral care conditions

	<p>Gum disease</p> <ul style="list-style-type: none"> Increase brushing time to 3 minutes using a Sonicare power toothbrush in Gum Health mode Use a Premium Gum Care brush head 		<p>Cavities and decalcification</p> <ul style="list-style-type: none"> Increase brushing time to 3 minutes using a Sonicare power toothbrush in Deep Clean mode Use a Premium Plaque Control brush head
	<p>Bad breath</p> <ul style="list-style-type: none"> Clean your tongue with Sonicare TongueCare+ and BreathRx mouth rinse twice daily BreathRx kills bacteria that cause bad breath TongueCare+ removes biofilm on the tongue and drives the antimicrobial rinse deep into the tongue surface 		<p>Stained teeth</p> <ul style="list-style-type: none"> Philips Zoom! take-home professional whitening brightens teeth while minimizing sensitivity and helps protect enamel Use White mode on a Sonicare power toothbrush with Premium All-in-One brush head

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

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The 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions resulted in a new classification of periodontitis characterized by a multidimensional staging and grading system. These charts provide an overview. Please visit perio.org/2017wwdc for the complete suite of reviews, case definition papers, and consensus reports. Tables from Tonetti, Greenwell, Kornman. J Periodontol 2018;89 (Suppl 1): S159-S172.