

**PHILIPS**

**sonicare**

How to brush



# Take care of your orthodontic treatment with Philips Sonicare

Your new Philips Sonicare power toothbrush is equipped with features to help you get the most out of your brushing routine while wearing braces. Our sonic technology pulses fluid between teeth and along the gumline while brush strokes gently and effectively remove plaque for a superior clean compared to a manual toothbrush.

# How to use your Philips Sonicare power toothbrush



## Step 1

Start by applying a small smear of toothpaste.



## Step 2

Think of your mouth as being divided into segments. Your toothbrush will vibrate when it's time to move to the next segment.



## Step 3

Place the bristles against your gumline at a 45-degree angle. Gently glide the brush head along the gumline, making sure to use a light fingertip grip.



## Step 4

Clean your braces by first brushing above them.



## Step 5

Then rotate the brush to reach below the brackets at a 45-degree angle.



## Step 6

Then brush along the surface of the braces.



## Step 7

Move to brush the back of your teeth, tilting the brush handle semi-upright and making several vertical overlapping brushstrokes on each tooth.



## Step 8

Continue to the chewing surfaces, maintaining the gentle gliding movement.



## Step 9

Remove the brush head from the handle and rinse it thoroughly with warm water, then rinse the entire handle—especially the brush head connection. Gently clean around the rubber seal and allow them to dry.

