

PHILIPS

sonicare

How to brush



Make the most of 2 minutes with your Philips Sonicare

Your new Philips Sonicare power toothbrush is equipped with features to help you get the most out of your daily brushing. Designed to support a variety of oral care needs, it will help you brush using the right pressure and for the right length of time. Our sonic technology pulses fluid between teeth and along the gumline while brushstrokes 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

Hold your toothbrush with a light fingertip grip. This will help eliminate the impulse to scrub. An incorrect grip, like holding a tennis racket, may cause you to unintentionally scrub or apply too much pressure.



Step 3

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



Step 4

Place the bristles against your gumline at a 45-degree angle. Gently glide the brush head slowly along the gumline.



Step 5

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



Step 6

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



Step 7

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.



Step 8

Don't forget to floss!



Reminder

Change your brush head every three months for better results.

