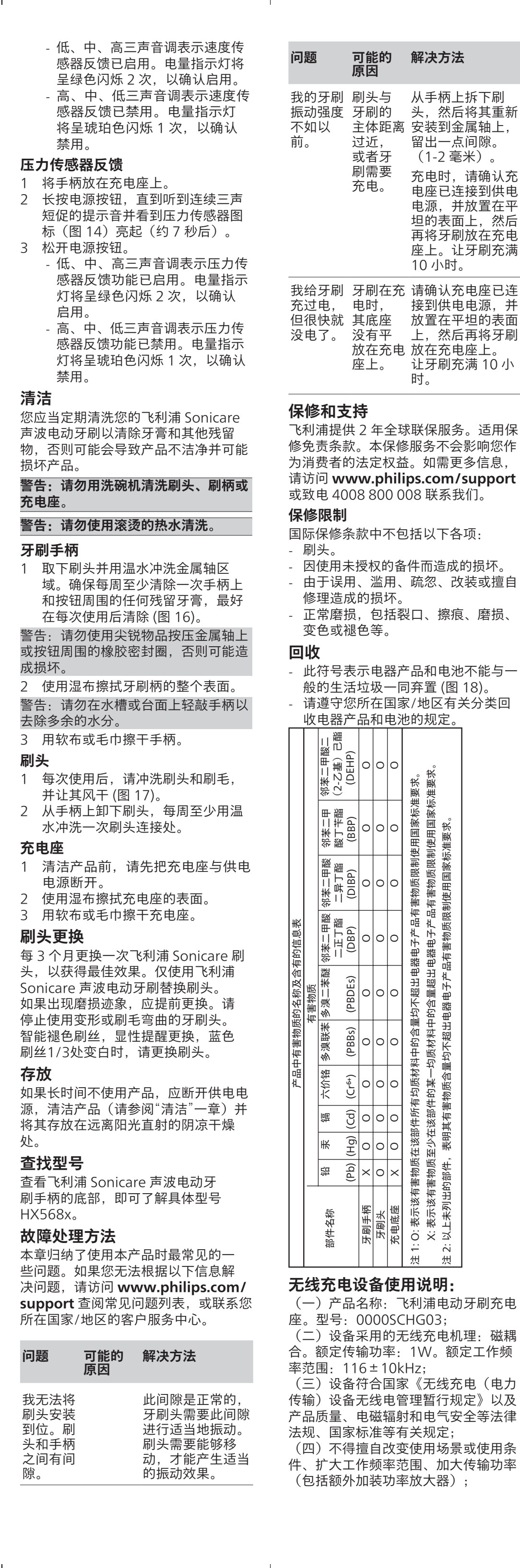
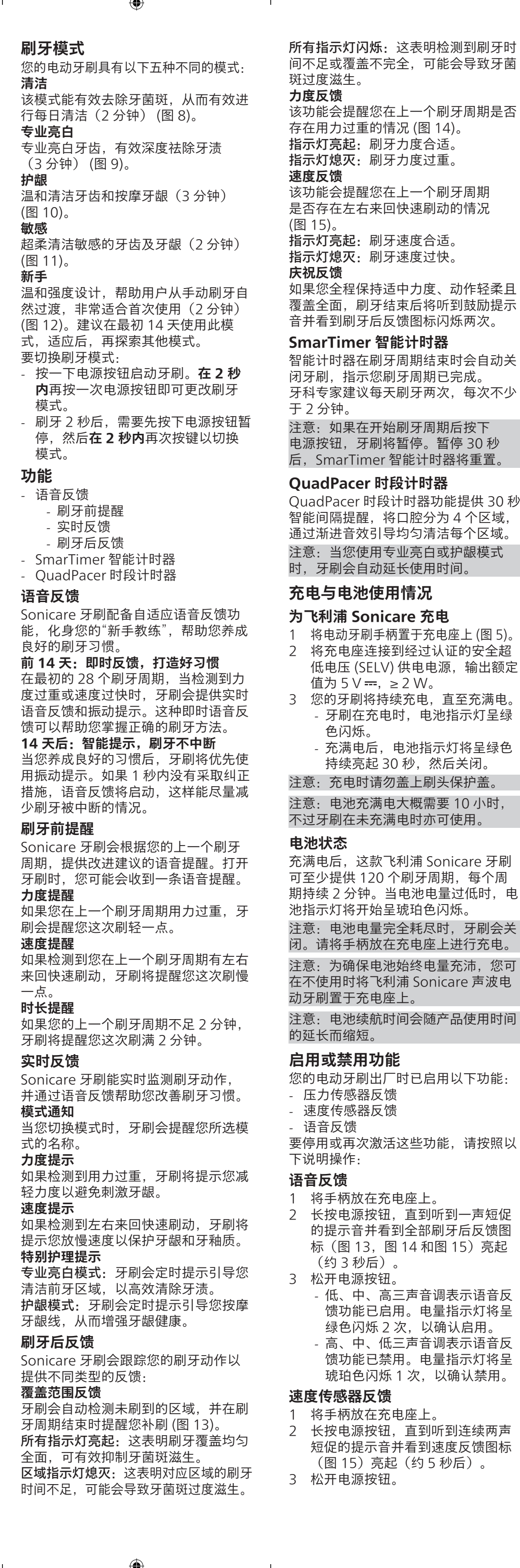
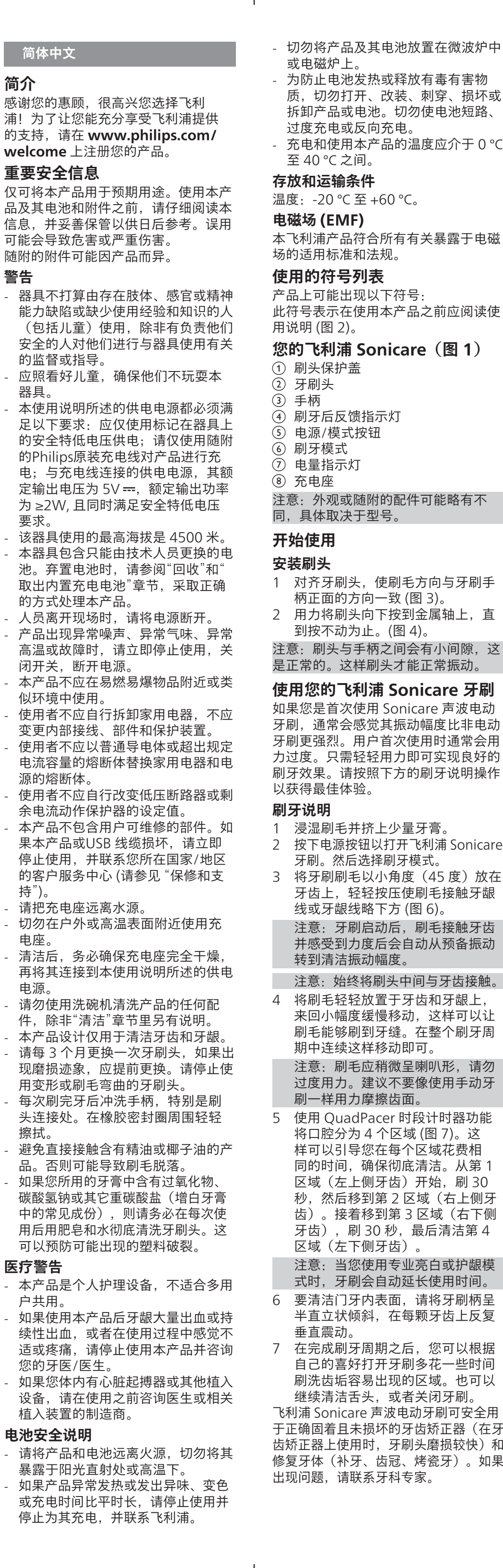
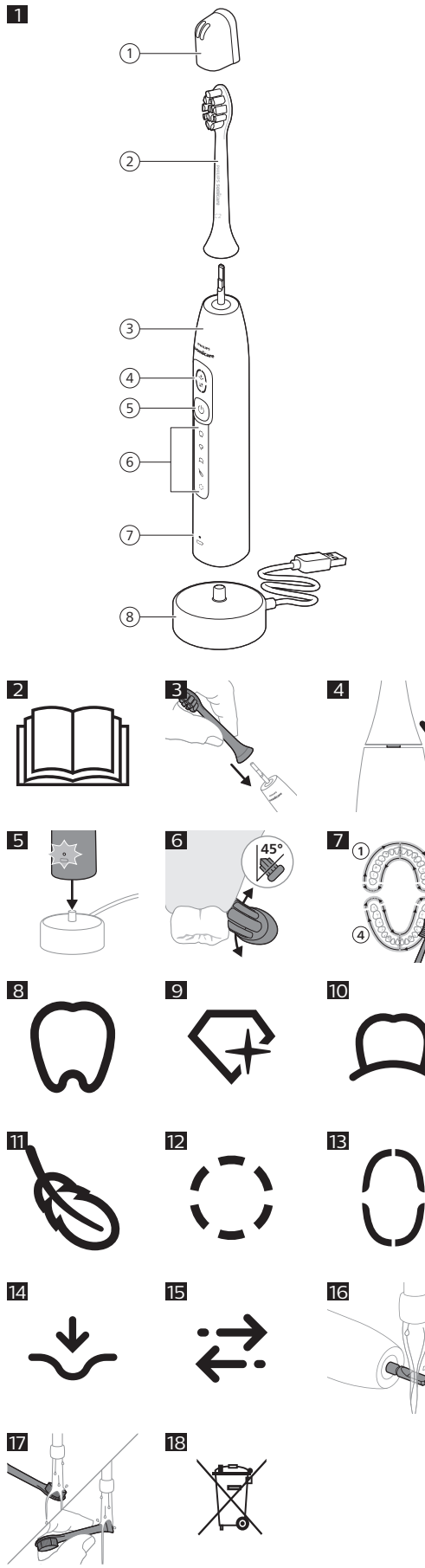




English

Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome.

Important safety information

Only use the product for its intended purpose. Read this information carefully before you use the product and its batteries and accessories, and save it for future reference. Misuse can lead to hazards or serious injuries. Accessories supplied may vary for different products.

Warnings

- Only use original Philips accessories or consumables. If supplied, only use the original USB cable and USB power supply unit.
- This appliance contains no user-serviceable parts. If the appliance is damaged, stop using it and contact the Consumer Care Center in your country (see "Warranty and support").
- If the USB cable or USB power supply unit is damaged, stop using it.
- Keep the charger away from water.
- After cleaning, make sure the charger is completely dry before you connect it.
- This appliance can be used by children and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Cleaning and user maintenance shall not be made by children without supervision.
- Children should be supervised to ensure that they do not play with the product.
- Do not clean any part of the product in the dishwasher.
- Do not use the charger outdoors or near heated surfaces.
- This appliance has only been designed for cleaning teeth, gums and tongue.
- Replace the brush head every 3 months or sooner if signs of wear appear. Stop using a brush head with crushed or bent bristles.
- Rinse the handle, especially the brush head connection. Gently clean around the rubber seal.
- Avoid direct contact with products that contain essential oils or coconut oil. Contact may result in bristles dislodging.

- If your toothpaste contains peroxide, baking soda or bicarbonate (common in whitening toothpastes), thoroughly clean the brush head with soap and water after each use. This prevents possible cracking of the plastic.
 - The maximum altitude of use is 4500 meters.
- Medical warnings**
- This appliance is a personal care device and is not intended to be shared by multiple users.
 - Stop using the appliance and consult your dentist/doctor if excessive or prolonged bleeding occurs after use, or if you experience discomfort or pain during use.
 - If you have a pacemaker or other implanted device, contact your doctor or the manufacturer of the implanted device prior to use.

- Battery safety instructions**
- This appliance contains batteries that are only removable by skilled persons.
 - Keep product and batteries away from fire and do not expose them to direct sunlight or high temperatures.
 - If the product becomes abnormally hot or smelly, changes color or if charging takes longer than usual, stop using and charging the product and contact Philips.
 - Do not place products and their batteries in microwave ovens or on induction cookers.
 - Do not open, modify, pierce, damage or dismantle the product or battery to prevent batteries from heating up or releasing toxic or hazardous substances. Do not short-circuit, overcharge or reverse charge batteries.
 - This appliance contains batteries that are non-replaceable. When the battery is at end of life, the appliance shall be properly disposed of, see section on Recycling.
 - To charge the product, only use a certified safety extra low voltage (SELV) supply unit with output rating 5 V $\overline{\text{rms}}$ $\pm$ 2 V. If you need support finding the correct USB supply unit, contact the Consumer Care Center in your country (see the international warranty leaflet for contact details). Using a non-certified supply unit may cause hazards or serious injuries.
 - Charge and use the product at a temperature between 0 °C and 40 °C (32°F and 104 °F).
- Storage and transportation conditions**
- Temperature: -20°C to +60°C (14 °F to 140 °F).
- Electromagnetic fields (EMF)**
- This Philips appliance complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

- LIST OF SYMBOLS USED**
- The following symbols may appear on the product. This symbol means read the instructions for use, before using the appliance (Fig. 2).
- Your Philips Sonicare (Fig. 1)**
- Brush head cap
 - Brush head
 - Handle
 - Post brushing feedback indicator
 - Power/mode button
 - Brushing modes
 - Battery indicator
 - Charger
- Note: Wall adapter not included. Appearance may slightly differ, depending on the model.

- Getting started**
- Attaching the brush head**
- Align the brush head so the bristles point in the same direction as the front of the handle (Fig. 3).
 - Firmly press the brush head down onto the metal shaft until it will not go any further (Fig. 4).
- Note: It is normal to see a slight gap between the brush head and the handle. This allows the brush head to vibrate properly.
- Using your Philips Sonicare toothbrush**
- If you are using your Sonicare toothbrush for the first time, it is normal to feel more vibration than when using a non-electric toothbrush. It is common for first time users to apply too much pressure. Only apply gentle pressure and let the toothbrush do the brushing for you. Please follow brushing instructions below for the best experience.

- Brushing instructions**
- Wet the bristles and apply a small amount of toothpaste.
 - Press the power button to turn on the Philips Sonicare. Then select the brushing mode.
 - Place the toothbrush bristles against the teeth at a slight angle (45 degrees), pressing gently to make the bristles reach the gumline or slightly beneath the gumline (Fig. 6).
- Note: The vibration activates automatically once the toothbrush is turned on and the bristles touch your teeth.
- Note: Keep the center of the brush head in contact with the teeth at all times.
- Gently keep the bristles placed on the teeth and in the gumline. Brush your teeth with small back and forth motion so the bristles reach between the teeth. Continue this motion throughout your brushing cycle.
- Note: The bristles should slightly flare. Do not scrub. It is not recommended to scrub as you would with a manual toothbrush.
- Divide your mouth into 4 sections with the QuadPacer feature (Fig. 7). This ensures thorough cleaning by guiding you to spend equal time in each section. Begin brushing in section 1 (left upper teeth) and brush for 30 seconds before moving to section 2 (right upper teeth). Continue brushing in section 3 (right lower teeth) and brush for 30 seconds before moving to section 4 (left lower teeth).
- Note: Additional time is added when you use the Expert White or Gum Care mode..

- To clean the inside surfaces of the front teeth, tilt the brush handle up and make several vertical overlapping brushing strokes on each tooth.
 - After you have completed the brushing cycle, you can spend additional time brushing the areas where staining occurs. You can also brush your tongue, with the toothbrush turned on or off, as you prefer.
- Your Philips Sonicare toothbrush should be safe to use on braces (brush heads wear out sooner when used on braces) and dental restorations (fillings, crowns, veneers) if they are properly adhered to and not compromised. If a problem occurs, please follow up with a dental professional.

- Brushing modes**
- Your power toothbrush is equipped with five different modes:
- Clean**
- It removes plaque effectively for daily cleaning (2 minutes) (Fig. 8).
- Expert White**
- Professionally whitens and brightens teeth, helps to deeply remove stains on teeth (3 minutes) (Fig. 9).
- Gum Care**
- Gentle cleaning for teeth and gum massage (3 minutes) (Fig. 10).
- Sensitive**
- Extra gentle cleaning for sensitive gums and teeth (2 minutes) (Fig. 11).
- Easy**
- Designed with gentle intensity to ease the transition from manual brushing, ideal for first-time user (2 minutes) (Fig. 12). It is recommended to use this mode for the first 14 days to build comfort before exploring other modes.

- To toggle between the brushing modes:
- Press the power button once to turn on the toothbrush. Press a second time **within 2 seconds** to change the brushing mode.
 - After 2 seconds of brushing, you will need to press the power button to pause first, and then press it again **within 2 seconds** to switch modes.

- Features**
- Voice Feedback
 - Pre-brushing reminder
 - Instant feedback
 - Post-brushing feedback
 - SmartTimer
 - QuadPacer

- Voice Feedback**
- Your Sonicare toothbrush comes with adaptive voice feedback designed to be your "Newbie Coach" for better brushing habits.
- First 14 days: Instant habit-building support**
- During the initial 28 brushing sessions, it provides real-time voice feedback and vibration alert when excess pressure or scrubbing is detected. This instant voice feedback helps you master the right technique.
- After 14 days: Uninterrupted brushing with smart alerts**
- After you have built good habits, it prioritizes vibration alerts. If no corrective action is made within 1 second, the voice feedback activates to minimize interruptions.

- Pre-brushing reminder**
- Your Sonicare toothbrush provides voice reminders that suggest improvements based on your last brushing session. You might hear one when you turn on the toothbrush.
- Pressure reminder**
- It reminds you to apply moderate pressure if you brushed too hard during your last brushing session.
- Scrubbing reminder**
- It reminds you to slow scrubbing speed if aggressive side-to-side motions were detected in your last brushing session.
- Duration reminder**
- It reminds you to brush for the full 2 minutes if your last brushing session ended early.

- Instant feedback**
- Your Sonicare toothbrush measures your brushing motions and provides voice feedback in real-time to help you improve your brushing habits.
- Mode notification**
- It notifies you the name of the selected mode when you switch modes.
- Pressure alert**
- It alerts you with vibration intensity reduction when excessive pressure is detected to prevent gum irritation.
- Scrubbing alert**
- It alerts you when aggressive side-to-side brushing motions are detected to protect gums and enamel.
- Special Care reminder**
- Expert white mode:** It navigates your brushing with time cues to polish front teeth for effective stain removal.
- Gum care mode:** It navigates your brushing with gum massage intervals to strengthen gum health.

- Post-brushing feedback**
- Your Sonicare toothbrush tracks your brushing motions to provide different types of feedback:
- Coverage Feedback**
- It detects missed areas and reminds you to brush them again at the end of the brushing session. (Fig. 13)
- All lights on:** You brushed evenly and effectively to prevent plaque growth.
- Area light off:** This area received insufficient brushing time, which might lead to excessive plaque growth.
- All lights blink:** Insufficient brushing time or incomplete coverage detected, this may lead to excessive plaque growth.
- Pressure Feedback**
- It indicates if too much pressure was detected during the last brushing session. (Fig. 14)
- Light on:** Pressure was moderate.
- Light off:** Pressure was too heavy.
- Scrubbing Feedback**
- It indicates if aggressive side-to-side motions were detected in the last brushing session. (Fig. 15)
- Light on:** Gentle, controlled motions maintained.
- Light off:** Aggressive scrubbing detected.

- Celebration Feedback**
- If you brush consistently with moderate pressure, gentle motions, and complete coverage, you will hear a celebration comment and see the post-brushing feedback icons blink twice.
- SmartTimer**
- The SmartTimer indicates that your brushing cycle is complete by automatically switching off the toothbrush at the end of the brushing cycle. Dental professionals recommend brushing no less than 2 minutes twice a day.
- Note: If you press the power button after you started the brushing cycle, the toothbrush will pause. After a pause of 30 seconds, the SmartTimer resets.

- QuadPacer**
- The QuadPacer is a 30-second interval timer that divides your mouth into 4 sections and uses progressive tone to guide you brushing equally in each section.
- Note: Additional time is added when you use the Expert White or Gum Care mode.
- Charging and battery status**
- Charging your Philips Sonicare**
- Place the power toothbrush handle on the charger (Fig. 5).
 - Connect the charger to a certified safety extra low voltage (SELV) supply unit with output rating 5V $\overline{\text{rms}}$ $\pm$ 2V.
 - Your toothbrush continues to charge until it is fully charged.
 - When the toothbrush is charging, the battery indicator pulsates green.
 - When fully charged, the battery indicator will light up solid green for 30 seconds before turning off.
- Note: It takes up to 10 hours to fully charge the battery, but you can use the toothbrush before it is fully charged.

- Battery status**
- This Philips Sonicare toothbrush is designed to provide at least 120 brushing sessions after fully charged, each session lasting 2 minutes. When the battery is low, the battery indicator starts to flash amber.
- Note: When the battery is completely empty, the toothbrush switches off. Place the handle on the charger to charge it.
- Note: To keep the battery fully charged at all times, you may keep your Philips Sonicare toothbrush on the charger when not in use.
- Note: Battery usage time is expected to reduce over product life time.

- Activating or deactivating features**
- Your toothbrush comes with the following features activated:
- Pressure Sensor Feedback
 - Scrubbing Sensor Feedback
 - Voice Feedback
- To deactivate or reactivate these features, follow the instructions below:
- Voice Feedback**
- Put the handle on the plugged-in charger.
 - Keep the power button pressed until you hear a single short beep and see all post-brushing feedback icons (Fig. 13, Fig. 14, and Fig. 15) light up (after 3 seconds).
 - Release the power button.
 - Triple tone of low-med-high means the Voice Feedback feature has been activated.
 - Triple tone of high-med-low means the Voice Feedback feature has been deactivated.

- Scrubbing Sensor Feedback**
- Put the handle on the plugged-in charger.
 - Keep the power button pressed until you hear a series of two short beeps and see the Scrubbing Feedback icon (Fig. 15) light up (after 5 seconds).
 - Release the power button.
 - Triple tone of low-med-high means the Voice Feedback feature has been activated.
 - Triple tone of high-med-low means the Voice Feedback feature has been deactivated.
- Pressure Sensor Feedback**
- Put the handle on the plugged-in charger.
 - Keep the power button pressed until you hear a series of three short beeps and see the Pressure Sensor icon (Fig. 14) light up (after 7 seconds).
 - Release the power button.
 - Triple tone of low-med-high means the Pressure Sensor Feedback feature has been activated.
 - Triple tone of high-med-low means the Pressure Sensor Feedback feature has been deactivated.

- Warranty and support**
- Philips offers a 2-year warranty. Warranty exceptions apply. This warranty does not affect your rights as a consumer under law. For more information, visit www.philips.com/support or call us.
- Warranty restrictions**
- The terms of the international warranty do not cover the following:
- Brush heads.
 - Damage caused by use of unauthorized replacement parts.
 - Damage caused by misuse, abuse, neglect, alterations or unauthorized repair.
 - Normal wear and tear, including chips, scratches, abrasions, discoloration or fading.
- Recycling**
- This symbol means that electrical products and batteries shall not be disposed of with normal household waste (Fig. 18).
- Follow your country's rules for the separate collection of electrical products and batteries.

- Remove of built-in rechargeable battery**
- CONTAINS LITHIUM-ION RECHARGEABLE CELL. MUST BE RECYCLED OR DISPOSED OF PROPERLY.**
- Take any necessary safety precautions when you handle tools to open the appliance and when you dispose of the rechargeable battery. Be sure to protect your eyes, hands, fingers, and the surface on which you work.
- If batteries are damaged or leaking, avoid contact with the skin or eyes. If this occurs, immediately rinse well with water and seek medical care.**
- When you handle batteries, make sure that your hands, the product and the batteries are dry.**

- Wipe the entire surface of the handle with a damp cloth.
- Caution: Do not tap the handle on the sink or counter to remove excess water.**
- Dry the handle with a soft cloth or towel.
- Brush head**
- Rinse the brush head and bristles after each use and allow to air dry (Fig. 17).
 - Remove the brush head from the handle and rinse the brush head connection with warm water at least once a week.

- Charger**
- Unplug the charger before you clean it.
 - Wipe the surface of the charger with a damp cloth.
 - Dry the charger with a soft cloth or towel.

- Brush head replacement**
- Replace Philips Sonicare brush heads every 3 months to achieve optimal results. Use only Philips Sonicare replacement brush heads.
- Replace the brush head if signs of wear appear. Stop using a brush head with crushed or bent bristles. Smart fading bristles provide a visible replacement reminder: when the blue bristles fade to white at one-third of their length, replace the brush head.

- Storage**
- If you are not going to use the product for a long time, unplug it, clean it (see chapter "Cleaning") and store it in a cool and dry place away from direct sunlight.
- Locating the model number**
- Look on the bottom of the Philips Sonicare toothbrush handle for the model number HX568x.
- Troubleshooting**
- This chapter summarizes the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, visit www.philips.com/support for a list of frequently asked questions or contact the Consumer Care Center in your country.

Problem	Possible Cause	Solution
I cannot fully attach the brush head. There is a gap between the brush head and handle.	This gap is normal and is needed for the brush head to vibrate appropriately. The brush head must be able to move to create the right amount of vibrations.	
My toothbrush vibration is less powerful than before.	The brush head is too close to the body of the toothbrush or the toothbrush needs to be charged.	Remove the brush head from the handle and re-set it on the metal shaft leaving a small gap. (1-2mm).
I charged my toothbrush, but it only works for a short time.	The base of the toothbrush is not placed flat on the charger when attempting to charge.	When charging, make sure the charger is plugged into a power supply and placed on a flat surface before placing the toothbrush on the charger. Allow the toothbrush to charge for 24 hours.
I charged my toothbrush, but it only works for a short time.	The base of the toothbrush is not placed flat on the charger when attempting to charge.	Make sure the charger is plugged into a power supply and placed on a flat surface before placing the toothbrush on the charger. Allow the toothbrush to charge for 24 hours.

- Warranty and support**
- Philips offers a 2-year warranty. Warranty exceptions apply. This warranty does not affect your rights as a consumer under law. For more information, visit www.philips.com/support or call us.
- Warranty restrictions**
- The terms of the international warranty do not cover the following:
- Brush heads.
 - Damage caused by use of unauthorized replacement parts.
 - Damage caused by misuse, abuse, neglect, alterations or unauthorized repair.
 - Normal wear and tear, including chips, scratches, abrasions, discoloration or fading.
- Recycling**
- This symbol means that electrical products and batteries shall not be disposed of with normal household waste (Fig. 18).
- Follow your country's rules for the separate collection of electrical products and batteries.

- Remove of built-in rechargeable battery**
- CONTAINS LITHIUM-ION RECHARGEABLE CELL. MUST BE RECYCLED OR DISPOSED OF PROPERLY.**
- Take any necessary safety precautions when you handle tools to open the appliance and when you dispose of the rechargeable battery. Be sure to protect your eyes, hands, fingers, and the surface on which you work.
- If batteries are damaged or leaking, avoid contact with the skin or eyes. If this occurs, immediately rinse well with water and seek medical care.**
- When you handle batteries, make sure that your hands, the product and the batteries are dry.**

- To avoid accidental short-circuiting of batteries after removal, do not let battery terminals come in contact with metal objects (e.g. coins, hairpins, rings). Do not wrap batteries in aluminum foil. Tape battery terminals or put batteries in a plastic bag before you discard them.**

- The built-in rechargeable battery must only be removed by a qualified professional when the appliance is discarded. Before removing the battery, make sure that the appliance is disconnected from the wall socket and that the battery is completely empty.
- Remove the inner body from the handle.
 - Remove the rechargeable battery from the inner body.

- 重要安全資訊**
- 感謝您購買本產品。歡迎來到飛利浦世界！為充分享受飛利浦為您提供的好處，請至下列位址註冊產品：www.philips.com/welcome
- 請依產品指定用途使用本產品。使用本產品、其電池與配件前，請先仔細閱讀本資訊，並保留說明以供日後參考。不當使用可能導致危險或嚴重受傷。提供的配件可能隨產品而異。
- 警告：**
- 僅能搭配飛利浦原廠零件或消耗零件使用。如有提供，請務必僅使用原廠 USB 纜線與 USB 電源供應裝置。
 - 本產品未包含使用者可使用的零件。本產品如有損壞，請停止使用，並聯絡您所在國家/地區（見「保固與支援」）的客戶服務中心。
 - 如果 USB 纜線或 USB 電源供應裝置損壞，請停止使用。
 - 請把充電器遠離水源。
 - 清潔之後，請確認充電器已完全乾燥，才可進行連接。
 - 兒童及身體功能或心智能力退化者，或是經驗與使用知識缺乏者，可在有人從旁監督或適當指示如何安全使用本產品，以及瞭解潛在危險的狀況下使用本產品。不要讓兒童在無人監督的情況下對本產品進行清潔或更換玩具。
 - 請勿使用洗碗機來清潔本產品的任何零件。
 - 請勿在室外或靠近高熱表面的地方使用充電器。
 - 本用品只適用於清潔牙齒、牙齦與舌頭。
 - 刷頭請每 3 個月更換，如果有磨損跡象應提前更換。若刷頭的刷毛斷裂或彎折，請勿再使用。
 - 每次刷完牙後請先清洗握柄，尤其注意刷頭連接處的清潔。輕潔清潔機頭套圈蓋。
 - 避免直接接觸含精油或椰子油的产品，接觸後可能導致刷毛脫落。
 - 如果牙膏含有過氧化氫、小蘇打或重碳酸鹽（常見於美白牙粉），在每次刷牙完畢後請以肥皂及清水徹底清洗牙刷刷頭，以防止塑膠裂開。
 - 最高使用海拔高度為 4500 公尺。

- 醫療警告**
- 本產品為個人護理裝置，不適合由多名使用者共用。
 - 如果使用後出現過多或長時間出血，或在使用期間感到不適或疼痛，請停止使用本產品並諮詢您的牙醫/醫師。
 - 若您裝有心律調節器或其他植入裝置，使用本產品之前，請務必先諮詢醫生或植入裝置製造商。
- 電池安全說明**
- 本產品含有電池，只能由技術人員拆卸。
 - 本產品和電池應放置遠離火源位置，且不要暴露於直射陽光或高溫下。
 - 如果產品異常發熱或散發臭味、變色或充電時間比平時長，請停止使用產品或為其充電，並與飛利浦聯絡。
 - 請勿將產品及其電池放進微波爐或放到電磁爐上。
 - 請勿打開、改裝、刺穿、損壞或拆解本產品或電池，以防止電池升溫或釋放含有害物質。請避免讓電池發生短路、過度充電或反向充電。
 - 本產品包含無法更換的電池。當電池使用壽命將屆時，本產品必須採用正確方式丟棄，詳情請參閱回收相關內容。
 - 進行產品充電時，必須使用經證實安全且輸出額定值為 5 V $\overline{\text{rms}}$ $\pm$ 2 V 的最低電壓 (SELV) 電源供應裝置。如果您在尋找正確的 USB 電源供應裝置時需要協助，請聯絡您所在國家/地區的客戶服務中心（詳細聯絡資料請參閱全球保固說明書）。使用未經認證的電源裝置可能會導致危險或嚴重傷害。
 - 本產品充電與使用時的溫度必須介於 0 °C 到 40 °C 之間。

- 電池前提醒**
- 您的 Sonicare 牙刷會發出語音提醒，根據上次的刷牙時段建議改進方式。開啟牙刷的電源時，可能會聽到這個提醒。
- 壓力提醒**
- 如果上次刷牙時段曾刷得太用力，本產品會提醒您適度用力。
- 速度提醒**
- 如果上次刷牙過程中曾偵測到刷頭多次劇烈來回移動，本產品會提醒您放慢刷牙移動速度。
- 持續時間提醒**
- 如果上次刷牙時段結束得太早，本產品會提醒您要刷滿 2 分鐘。
- 即時回饋**
- 您的 Sonicare 牙刷可以評估您的刷牙動作，並即時提供語音回饋，藉以協助改善您的刷牙習慣。
- 模式通知**
- 當您切換模式時，電動牙刷會通知您選取的模式名稱。
- 壓力警示**
- 如果偵測到用力過度，本產品會降低運動強度做為警示，防止造成牙齒刺激。
- 速度警示**
- 如果偵測到刷頭劇烈來回移動，本產品會發出警示，藉以保護牙齒與結實度。
- 特別護理提醒**
- 專業美白 (Expert white) 模式：本產品透過時間提示來引導您打亮亮牙，並有效去除齒垢。
- Gum Care 模式：**本產品透過時間提示來引導按摩牙齦線，並增強牙齦健康。

- 刷牙前提醒**
- 您的 Sonicare 牙刷會發出語音提醒，根據上次的刷牙時段建議改進方式。開啟牙刷的電源時，可能會聽到這個提醒。
- 壓力提醒**
- 如果上次刷牙時段曾刷得太用力，本產品會提醒您適度用力。
- 速度提醒**
- 如果上次刷牙過程中曾偵測到刷頭多次劇烈來回移動，本產品會提醒您放慢刷牙移動速度。
- 持續時間提醒**
- 如果上次刷牙時段結束得太早，本產品會提醒您要刷滿 2 分鐘。
- 即時回饋**
- 您的 Sonicare 牙刷可以評估您的刷牙動作，並即時提供語音回饋，藉以協助改善您的刷牙習慣。
- 模式通知**
- 當您切換模式時，電動牙刷會通知您選取的模式名稱。
- 壓力警示**
- 如果偵測到用力過度，本產品會降低運動強度做為警示，防止造成牙齒刺激。
- 速度警示**
- 如果偵測到刷頭劇烈來回移動，本產品會發出警示，藉以保護牙齒與結實度。
- 特別護理提醒**
- 專業美白 (Expert white) 模式：本產品透過時間提示來引導您打亮亮牙，並有效去除齒垢。
- Gum Care 模式：**本產品透過時間提示來引導按摩牙齦線，並增強牙齦健康。

- 存放與攜帶條件**
- 溫度: -20 °C 至 +60 °C。
- 電磁波 (EMF)**
- 本飛利浦產品符合所有電磁場暴露的相關適用標準和法規。
- 使用的符號清單**
- 下面列出可能出現在產品上的符號：
- 此符號表示應先閱讀使用說明書才能開始使用產品 (圖 2)。
- 您的飛利浦 Sonicare (圖 1)**
- 刷頭蓋
 - 刷頭
 - 握柄
 - 刷牙後回饋指示燈
 - 電源/模式按鈕
 - 刷牙模式
 - 電池指示燈
 - 充電器
- 注意：不含牆上電源轉換器。視型號而定，外觀可能會略有不同。

- 使用指南**
- 安裝刷頭**
- 將刷頭對齊，使刷毛朝向握柄正面 (圖 3)。
 - 將刷頭用力下壓到握柄的金屬軸上，持續到底為止 (圖 4)。
- 注意：如果刷頭和握柄之間有些微空隙，此屬正常現象。這樣一來，刷頭才會順暢震動。
- 壓力提醒**
- 本產品會提示上次刷牙時段是否偵測到用力過度 (圖 14)。
- 指示燈閃爍：**壓力過大。
- 指示燈熄滅：**壓力適中。
- 速度回饋**
- 本產品會提示本次刷牙時段中是否偵測到左右劇烈動作 (圖 15)。
- 指示燈閃爍：**動作有保持溫和且受控。
- 指示燈熄滅：**偵測到劇烈刷牙動作。

- 刷牙方法**
- 沾濕刷毛，擠上少量牙膏。
 - 按「電源」按鈕，開啟飛利浦 Sonicare。然後選取刷牙模式。
 - 牙刷刷毛以 45 度略為傾斜靠實牙齒表面，刷毛稍稍下壓並接觸牙齦線或略近牙齦線下方 (圖 6)。
- 注意：開啟牙刷電源之後，當刷毛觸碰到牙齒，震動功能就會自動啟動。
- 注意：隨時讓刷頭中央與牙齒保持接觸。
- 輕壓刷頭置於牙齒表面及牙齦上，以小幅動作在牙齒表面來回刷動，讓刷毛能深入牙齒間細縫。刷牙週期當中，請全程持續此動作。
- 注意：刷毛應稍微震動。請勿過度用力。我們不建議您以手動牙刷的方式用力刷牙。
- 使用 QuadPacer 功能，依照 4 個區域來刷洗口腔 (圖 7)。這個功能會引導您以相同時間刷洗每個區域，確保徹底清潔口腔。一開始刷洗第 1 區 (左上排牙齒)，連續 30 秒，接著移至第 2 區 (右上排牙齒)。繼續刷洗第 3 區 (右下排牙齒) 連續 30 秒，接著再移至第 4 區 (左上排牙齒)。
- 注意：使用專業美白 (Expert white) 或 Gum Care 模式時，使用時間可能會額外延長。
- 如果要清潔門齒內側表面，請直握牙刷握柄，使其呈半斜角，在每顆牙齒上進行數次垂直重疊的刷拂。
 - 完成整個刷牙週期後，您還可以多花點時間刷洗齒齦堆積的區域。也可隨個人喜好，在牙刷電源開啟或關閉之下刷洗舌頭。

- 若您的口中牙齒矯正器 (如果裝有矯正器，牙刷刷毛會較寬鬆) 或牙齒補綴物 (填補、牙套、牙面鑲嵌)，只要這些裝置牢固附著且未鬆脫，您就可以安全地使用飛利浦 Sonicare 牙刷刷牙。若發生問題，請與牙科專業人士聯繫。
- 刷牙模式**
- 您的電動牙刷配備五種不同模式：
- 清潔**
- 請把充電器遠離水源。
- 清潔之後，請確認充電器已完全乾燥，才可進行連接。
- 兒童及身體功能或心智能力退化者，或是經驗與使用知識缺乏者，可在有人從旁監督或適當指示如何安全使用本產品，以及瞭解潛在危險的狀況下使用本產品。不要讓兒童在無人監督的情況下對本產品進行清潔或更換玩具。
- 請勿使用洗碗機來清潔本產品的任何零件。
- 請勿在室外或靠近高熱表面的地方使用充電器。
- 本用品只適用於清潔牙齒、牙齦與舌頭。
- 刷頭請每 3 個月更換，如果有磨損跡象應提前更換。若刷頭的刷毛斷裂或彎折，請勿再使用。
- 每次刷完牙後請先清洗握柄，尤其注意刷頭連接處的清潔。輕潔清潔機頭套圈蓋。
- 避免直接接觸含精油或椰子油的产品，接觸後可能導致刷毛脫落。
- 如果牙膏含有過氧化氫、小蘇打或重碳酸鹽（常見於美白牙粉），在每次刷牙完畢後請以肥皂及清水徹底清洗牙刷刷頭，以防止塑膠裂開。
- 最高使用海拔高度為 4500 公尺。
- 醫療警告**
- 本產品為個人護理裝置，不適合由多名使用者共用。
 - 如果使用後出現過多或長時間出血，或在使用期間感到不適或疼痛，請停止使用本產品並諮詢您的牙醫/醫師。
 - 若您裝有心律調節器或其他植入裝置，使用本產品之前，請務必先諮詢醫生或植入裝置製造商。

- 功能**
- 語音回饋
 - 刷牙前提醒
 - 即時回饋
 - 刷牙後回饋
 - SmartTimer 智慧計時器
 - QuadPacer 時段計時器
- 語音回饋**
- 您的 Sonicare 牙刷配備適應性語音回饋功能，可以擔任您的「新手教練」，幫助您養成更好的刷牙習慣。
- 前 14 天：即時習慣養成支援**
- 在最初 28 次刷牙時段中，如果偵測到過大的壓力或用力刷牙動作，本產品會發出即時語音回饋和壓力警示。這個即時提醒可以讓您知道您使用正確的技巧。
- 14 天後：搭配智慧警示，流暢不间断的刷牙**
- 當您養成良好的刷牙習慣，本產品會優先發出震動警示。如果未能在 1 秒內採取任何改正措施，則會啟動語音回饋，並逐漸減少中斷情況。

- 壓力提醒**
- 如果上次刷牙時段曾刷得太用力，本產品會提醒您適度用力。
- 速度提醒**
- 如果上次刷牙過程中曾偵測到刷頭多次劇烈來回移動，本產品會提醒您放慢刷牙移動速度。
- 持續時間提醒**
- 如果上次刷牙時段結束得太早，本產品會提醒您要刷滿 2 分鐘。
- 即時回饋**
- 您的 Sonicare 牙刷可以評估您的刷牙動作，並即時提供語音回饋，藉以協助改善您的刷牙習慣。
- 模式通知**
- 當您切換模式時，電動牙刷會通知您選取的模式名稱。
- 壓力警示**
- 如果偵測到用力過度，本產品會降低運動強度做為警示，防止造成牙齒刺激。
- 速度警示**
- 如果偵測到刷頭劇烈來回移動，本產品會發出警示，藉以保護牙齒與結實度。
- 特別護理提醒**
- 專業美白 (Expert white) 模式：本產品透過時間提示來引導您打亮亮牙，並有效去除齒垢。
- Gum Care 模式：**本產品透過時間提示來引導按摩牙齦線，並增強牙齦健康。

- 刷牙前提醒**
- 您的 Sonicare 牙刷會發出語音提醒，根據上次的刷牙時段建議改進方式。開啟牙刷的電源時，可能會聽到這個提醒。
- 壓力提醒**
- 如果上次刷牙時段曾刷得太用力，本產品會提醒您適度用力。
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- 持續時間提醒**
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- 刷牙後提醒**
- 您的 Sonicare 牙刷會發出語音提醒，根據上次的刷牙時段建議改進方式。開啟牙刷的電源時，可能會聽到這個提醒。
- 壓力提醒**
- 如果上次刷牙時段曾刷得太用力，本產品會提醒您適度用力。
- 速度提醒**
- 如果上次刷牙過程中曾偵測到刷頭多次劇烈來回移動，本產品會提醒您放慢刷牙移動速度。
- 持續時間提醒**
- 如果上次刷牙時段結束得太早，本產品會提醒您要刷滿 2 分鐘。
- 即時回饋**
- 您的 Sonicare 牙刷可以評估您的刷牙動作，並即時提供語音回饋，藉以協助改善您的刷牙習慣。
- 模式通知**
- 當您切換模式時，電動牙刷會通知您選取的模式名稱。
- 壓力警示**
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- Gum Care 模式：**本產品透過時間提示來引導按摩牙齦線，並增強牙齦健康。

- 慶祝回饋**
- 如果您以適中壓力、溫和動作和全面刷牙的方式持續刷牙，您將聽到慶祝的評論，並看到刷牙後回饋圖示閃爍兩次。
- SmartTimer 智慧計時器**
- SmartTimer 能在刷牙週期結束時自動關閉牙刷的電源，指出您的刷牙週期已經完成。
- 牙科專業人士建議，每日應刷牙兩次，每次 2 分鐘以上。
- 注意：如果在刷牙循環開始後按下電源按鈕，牙刷將會暫停。暫停 30 秒後，兩分鐘計時器 SmartTimer 將重啟。

- QuadPacer 時段計時器**
- QuadPacer 是一個 30 秒間隔計時器，它會使用漸進的音調，引導您依照 4 個區域開始均勻全面地進行刷牙。
- 注意：使用專業美白 (Expert white) 或 護齦 (Gum Care) 模式時，使用時間可能會額外延長。

- 充電與電池狀態**
- 為飛利浦 Sonicare 充電**
- 將充電器連接放在充電器上 (圖 5)。
 - 裝置，輸出額定值為 5 V $\overline{\text{rms}}$ $\pm$ 2V。
 - 您的牙刷會持續充電，直到充電飽為止。
 - 您刷完電期間，電池指示燈會閃爍綠 30 秒，然後熄滅。電池指示燈將持續亮綠燈 30 秒，然後熄滅。
- 注意：牙刷充電需要 10 小時的時間，但是在充電之前即可使用。

- 電池狀態**
- 在完全充電之後，本飛利浦 Sonicare 牙刷可提供至少 120 次，每次持續 2 分鐘的刷牙時段。電池電力不足時，電池指示燈會開始閃爍琥珀色。
- 注意：電池電力完全耗