

How to use your Philips Sonicare power toothbrush



Gently glide brush along your gumline at a 45-degree angle.



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



Continue to chewing surfaces, maintaining gliding movement.



Scan to see how to use your Philips Sonicare toothbrush.

How to use your Philips Sonicare Power Flosser



Attach nozzle, then fill reservoir with water and test the water flow. Choose Clean or Deep Clean.



Position the nozzle at a 90-degree angle above gumline. As you floss, lean over sink so excess water can run out.



Pulse Wave technology will guide you from tooth to tooth with a brief pause.



Scan to see how to use your Power Flosser.

Solutions to use in your at-home care

- ☐ **Philips Sonicare DiamondClean Smart**
Clinically proven to improve gum health in just 2 weeks.
- ☐ **Philips Sonicare Premium Gum Care brush head**
Up to 7x healthier gums in 2 weeks.¹
- ☐ **Philips Sonicare Cordless Power Flosser**
Up to 150% more effective than floss in improving gum health.²



Your personal treatment plan

1 In Gum Health mode vs. a manual toothbrush; measured by GBI.
2 Between teeth, after two weeks, in patients with moderate to severe gingivitis, when used with Quad Stream nozzle on high setting with a manual toothbrush vs. using manual toothbrush with string floss.



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Gingivitis



Caring for your gums



What to know about gingivitis

Gingivitis is a common type of early gum disease. One study found that 93.9% of participants had a form of mild gingivitis.¹ However, with treatment and good oral care at home, gingivitis is reversible.

Risk factors



Oral health

- Genetics
- Poor oral hygiene
- Dry mouth (xerostomia)
- Crowded teeth



Lifestyle

- Poor nutrition
- Smoking, vaping, chewing tobacco
- Marijuana use



Medical conditions

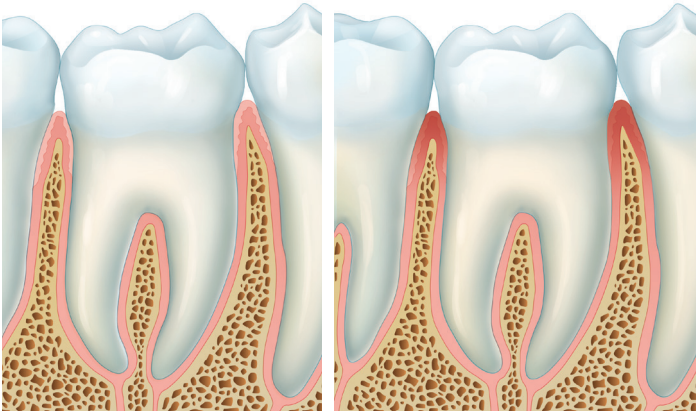
- Stress
- Medications
- Hormonal changes
- Head and neck radiation
- Eating disorders
- Systemic diseases

If gingivitis is left untreated, it can lead to:

- Bone loss (periodontitis)
- Pain when chewing

Fortunately, with treatment and good home care you can return your gums to a healthy state.

Assessing your gums' health



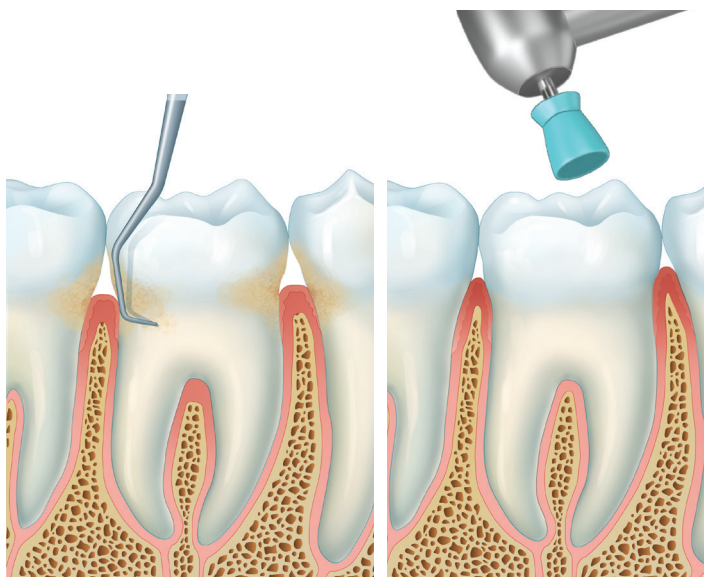
Healthy gums

- Pink, firm gums
- No bleeding with flossing or brushing

Gingivitis

- Depending on the severity of the infection:
- Red, swollen and tender gums
 - Bleeding when you brush or floss
 - Persistent bad breath

Treatment recommendations



Consistent cleanings

- Regular cleaning in the dental office helps remove plaque and tartar accumulation

Polishing

- Polishing reduces the amount of bacteria on your teeth while also removing surface stains

Proven partner for managing gum health



Philips Sonicare DiamondClean Smart and Premium Gum Care brush head are designed to help prevent gum disease where it starts.

Up to 7x healthier gums in 2 weeks²

Flexible sides and extra-soft bristles target plaque at the gumline

FAQs

How long does it take to recover from gingivitis?

After getting treated by your dental professional for gingivitis, you may need up to two weeks for your mouth to recover.³

Is it possible to have gingivitis even if I brush and floss every day?

Yes, especially if you're missing spots along or below the gumline while brushing, using poor brushing and flossing technique or have medical risk factors (like hormonal changes or diabetes). That's why technique and professional cleanings still matter.⁴

Small steps with a big impact



Brush

Brush your teeth twice daily for two minutes. Having the right home care can make a big difference.



Interdental cleaning

Gently clean between your teeth every day to remove hard-to-reach bacteria.



Rinse

Add a therapeutic mouthwash to your routine to reduce bacteria.



Replace

For optimal care, replace your brush head every three months. Choose one made for gum health to give your gums the care they need.

¹ Li, Y., Lee, S., Hujoel, P., Su, M., Zhang, W., Kim, J., Zhang, Y. P., & DeVizio, W. (2010). Prevalence and severity of gingivitis in American adults. *American Journal of Dentistry*, 23(1), 9–13.
² In Gum Health mode vs. a manual toothbrush; measured by GBI.
³ Catanese, L. (2025, February 27) Gingivitis: Reversing and preventing early gum disease. Harvard Health Publishing. <https://www.health.harvard.edu/diseases-and-conditions/gingivitis-reversing-and-preventing-early-gum-disease>.
⁴ Delta Dental. Common causes and risk factors of gingivitis. <https://www.deltadental.com/us/en/protect-my-smile/oral-health-conditions/gum-periodontal-disease/gingivitis/common-causes-and-risk-factors.html>.