

## HOW TO BRUSH

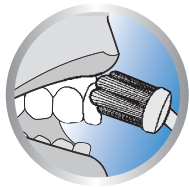


# How to Brush with Philips Sonicare

Maintaining good oral care habits between dental visits has an important impact on long-term oral health. With the uncertainty taken out of technique, the use of a Sonicare power toothbrush can significantly improve brushing method and results.

### 1. Applying Toothpaste

To get the best brushing experience from your Sonicare, we recommend applying just a dollop of toothpaste to the brush head, slightly less than you would apply to your manual toothbrush. Only switch on your toothbrush once the brush head is in your mouth.

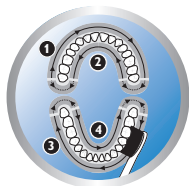


### 2. Angling the Brush

Position the brush head at a slight angle toward the gumline. Use light pressure when brushing your teeth.

### 3. Positioning the Bristles

Gently move the brush head slowly across the teeth in a small back-and-forth motion. Positioned correctly, you may be able to feel the longer bristles on Sonicare's contoured brush heads reach between your teeth.



### 4. From Tooth to Tooth

To ensure you spend adequate time brushing each of your teeth, divide your mouth into quadrants. Sonicare's built-in Quadpacer tells you when 30 seconds have gone by and it's time to move to the next quadrant.

### 5. Inner Surfaces

Move the brush head slowly along the inner surfaces of all your teeth. Spend more time on the surfaces of your lower front teeth, as this is where tartar is more likely to develop.



### 6. Biting Surfaces

Clean your biting surfaces by traveling in a slow-moving action. Let your Sonicare do the work!

### 7. Back Teeth

Don't forget the hard-to-reach surfaces of your back teeth. The angled neck of your Sonicare makes it easier to reach these areas.

### 8. Timing

Sonicare makes it easier to brush for the recommended time with its built-in Smartimer, which automatically turns off after two minutes. You can turn the brush back on to focus more on problem areas, to massage your gums or to pay special attention to your more-visible front teeth.

Bristles exhibit fatigue and brush heads are less effective after three months of normal use. If you use your brush head twice a day for the full two minutes, it needs to be replaced every three months.

**Tip: Replace your brush head when the seasons change.**



Visit [Sonicare.com](http://Sonicare.com) to learn more about the benefits of brushing with Sonicare.