



Fred L. Bye, D.D.S., M.S.

Diplomate, American Board of Periodontology • Diplomate, International Congress of Oral Implantologists

### Sonicare Toothbrush Instructions:

I would like to provide you with some helpful tips for using your Sonicare toothbrush.

- Throw out your manual tooth brush! It will become easier to get used to using the Sonicare.
- You only need one handle, yet several people in the same household can use the Sonicare. Each person has their own brush head.
- There is a learning curve when you begin using your Sonicare, as compared to your manual brush.
- The most important thing to remember is to let the Sonicare do the work for you. It can sweep back & forth 31,000 times a minute, many times more than we can do manually. It may seem like a lot, but it is much gentler on your gums compared to a manual toothbrush. You just guide the brush slowly around your mouth.
- Do not use a scrubbing motion like you would with a manual brush, this causes the bristles to hop, skip, and jump around, and it doesn't work as well.
- Next, be sure to place the brush in your mouth before turning it on, and turn the brush off before removing it from your mouth. After cleaning the bathroom mirror several times, you will get the hang of it 😊
- The Sonicare comes with an Easy-Start feature when it's in the Clean & White modes. It's designed to increase in power over 14 days until it reaches the optimum power.
- If you stop for any reason and start again, the timer will not begin over. It has a memory and knows how long you have already used it and will re-start from there. The brush will stop when your cycle is up, so keep brushing until it stops.
- Choosing a brush head can be confusing. *For stain:* Use the Whitening or Diamond Clean head. The bristles are denser and help remove more stain. *For plaque control:* Use the Adaptive Clean head. This is designed to follow the contour of your teeth and gums to remove optimum plaque. *For extra gentle care:* Use the ProResult head. It gives a gentle touch with a trim profile to cushion teeth for a gentle experience. *For plaque hiding in hard-to-reach areas:* Use the Inter Care

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13424 Pennsylvania Avenue, Suite 201, Hagerstown, Maryland 21742 • 60 Parkwood Drive, Chambersburg, Pennsylvania 17201

tel. 301.739.6868 • toll free 866.739.6868 • fax 301.790.4990

brush head. It's designed with a few extra-long bristles to reach between teeth better.

- If you have a small mouth or overlapping teeth a compact head may help.
- When changing the Sonicare head, be sure to pull the head straight off. Do not put any side pressure on the stem. The stem may break.
- Mentally section your mouth into 4 equal parts and spend 30 seconds (if you chose a 2 minute brush mode) and 45 seconds (if you chose a 3 minute brush mode) in each section. At the end of the each section you will feel a slight pause in the brush. This is your queue to move onto the next section.
- Remember, plaque starts at the gum line and works its way up the tooth. So you need to catch the plaque before it accumulates on the tooth. Plus, the bristles will stimulate your gums to keep them clean and healthy.
- To do this, you need to hold the brush at a 45 degree angle at the gum line. Make sure you feel the bristles on your gums so you know you are down far enough on the tooth.
- Turn the brush on; guide it around the gum line slowly. You can use an upward, sweeping motion to clean the tooth itself. You can slowly brush the chewing surfaces of your teeth now or wait until you have finished your mouth, then turn the brush back on and then slowly brush the chewing surfaces.
- Due to the curvature of our mouth, the bristles don't fit as well in the front. So you need to tilt the brush handle upright and make several, overlapping vertical brushing strokes on each tooth.
- If your teeth feel dirty in one area when you are finished, you may have missed a spot. Turn the brush back on and use it in that area until the tooth feels clean.
- The Sonicare is designed to throw the toothpaste and water another 2-4mm past the ends of the bristles in the form of bubbles. These bubbles work themselves under the gum line and between the teeth and then burst to break up the bacteria. This is the goal, to disrupt the bacteria from colonizing and eating away at your gums and bone support.