Tested and Reviewed, Part 1: Philips Sonicare DiamondClean Smart toothbrush

By DTI

When it comes to toothbrushing, consumers and dentists are confronted with such a vast range of choices and new products entering the market on a monthly basis, it becomes difficult to keep track of things. What is the best toothbrush out there? What is currently the most advanced technology? Which toothbrush is worth recommending to patients who want to improve their oral health? This series of reviews aims to answer these questions by evaluating innovations from the world of dentistry.

What’s in the box?
The Philips Sonicare DiamondClean Smart toothbrush set includes a toothbrush body, four different brush heads (Premium Plaque Defence, Premium Gum Care, Premium White and TongueCare+), a travel case, a Philips-branded glass, an induction charger and the Philips Sonicare app which is compatible with the Philips Sonicare Airfloss.

Philips Sonicare app
The Philips Sonicare app was designed to provide patients with personalisation coaching for better coverage, reduced scrubbing and ideal pressure. The setup of the Sonicare app is extremely simple. After downloading it onto a smartphone, brushing can start almost immediately. After opening the app, the Smart Brush Head Recognition technology recognises the attached brush head and selects the appropriate mode that goes with the brush. Of course, the patient can manually select a different mode on the toothbrush.

Using the same smart sensor technology, the toothbrush and app exchange data to provide an overall clear picture of the patient’s brushing habits. The integrated location sensor helps avoid missed spots, the scrubbing sensor reduces unnecessary movements for a gentler clean and the pressure sensor gives visual and vibration feedback when too much pressure is applied. Lastly, the app and toothbrush collaborate to change the brush head lifetime. When a brush head needs replacing, an orange symbol illuminates on the toothbrush body. On the app, patients can see how many sessions are left before the brush head is no longer effective.

A nice feature that might be helpful to patients who need motivation to complete their daily oral healthcare routine regularly is the smart timer and the “goals” section of the app. The patient can choose between four different goals (fresh breath goal, gum health goal, plaque removal goal and whitening goal) that last 21 days each. After each completed goal, the patient gets awarded points.

Pressure sensors ensure that the recommended brushing time of two minutes or longer is completed.

The gallery shown below includes some screenshots and explanations of how the app looks and works.

Clinical evidence
The aim of Philips Oral Healthcare is to be an extension of the Dental Practitioner in patients’ homes, providing oral hygiene tools that meaningfully improve and sustain oral health. That’s why new product launches are evidence-based and can serve as decision-making foundations aimed at motivating patients for which oral care procedures and regimens are best for each patient.

In a special issue of “The Journal of Clinical Dentistry”, Philips published five full manuscripts to evidence, detailing the outcomes of four clinical trials on meta-analysis. In these studies, the safety and efficacy profile of Sonicare innovations have been critically examined. In summary, it can be said that the effect of Philips’ products on surface plaque removal, gingival bleeding and inflammation is better in every tested aspect than with manual toothbrushing. The full clinical data can be accessed here (https://www.usa.philips.com/c-m-p/dental-professionals/resources_and_education/professional-education/clinical-studies).

Summary
Overall, the Philips Sonicare DiamondClean Smart toothbrush combines form and function and is worth recommending to patients who want to optimise their oral healthcare routine in a well-controlled and trackable manner. Both the toothbrush and the accompanying app are easy to use and support intuitive brushing. Especially the app is a useful feature if a patient feels like they are struggling with staying motivated to brush their teeth regularly.