

Compact Checklist: High-Tech Oral Care Devices

Quick Buying Guide for Dental Hygiene, Whitening & Gum Health

CORE DEVICES TO CONSIDER

Your New Daily Staples

- Electric toothbrush with pressure sensor + app tracking
- Cordless water flosser with adjustable pulse modes
- Sonic toothbrush with soft bristles + travel case
- Rechargeable models with USB-C compatibility

ADD-ON SMART TECH

Enhance Your Setup

- UV toothbrush sterilizer (standalone or case)
- Bluetooth brushing coach or smart mirror tracker
- LED-powered whitening mouthpiece (gel-compatible)
- Motion-tracked timer with child-friendly interface

COMPACT TRAVEL ESSENTIALS

For Clean Teeth On-the-Go

- Breath spray with antibacterial action
- Travel-size rinse bottle with collapsible spout
- Toothpaste pod kit or wall-mounted dispenser
- Hardshell or UV case for brush + flosser combo

WHY THIS CHECKLIST WORKS

For Better Oral Care

- Choose soft-bristle heads for gum sensitivity
- Replace brush heads every 3 months - track in app
- Check battery runtime (aim for 2+ weeks per charge)
- Skip the extras if the base device lacks power or comfort