

# How to Upgrade Your Oral Care Routine with Smart Tools

*Post-Purchase Setup Guide for Healthier, Smarter Daily Hygiene*

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## START WITH A SMART TOOTHBRUSH

*With today's high-tech feedback, brushing is a lot more fun*

- Look for electric models with pressure sensors and AI brushing feedback
- Track brushing time, coverage, and pressure to reduce gum damage
- Some models sync with Apple Health or Google Fit for tracking

## ADD A PORTABLE WATER FLOSSER

*Does the job much faster than regular flossers*

- Ideal for tight spaces, braces, or travel use
- Pick one with adjustable pressure and USB-C recharging
- Floss before brushing to allow toothpaste fluoride to work better

## SYNC WITH ORAL HEALTH APPS

*Easy to set your improvements with health apps*

- Many toothbrushes sync with apps to log brushing time, zones, and pressure
- These insights help build consistency and improve technique
- Flag areas you miss and set improvement goals

## USE REMINDERS & BUILT-IN TIMERS

*Timers give you an overall cleaner experience*

- Most smart brushes include a 2-minute timer to ensure full coverage
- Use app reminders to replace brush heads or charge devices on time
- Timers help kids and adults stay consistent without guessing

## UPGRADE YOUR TRAVEL SETUP

*Look for travel add-ons before purchasing*

- Use a hardshell case to protect your brush and floss on the go
- Some cases include UV sanitizing or cable storage
- Keep your tools clean and organized even while traveling

## WHY THIS ACTION PLAN WORKS

*Tactical Benefits*

- Combines smart reminders, better tools, and tracking into one routine
- Reduces risk of gum disease and improves brushing effectiveness
- Encourages long-term oral hygiene without needing dental visits
- Designed for both home and travel use with minimal daily effort