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 Defense, Premium Gum Care, Premium White and TongueCare+), a travel case, a Philips-branded glass, and can be downloaded from the Philips Sonicare app.

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 view 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 head will notify the patient when too much pressure is applied.

Design, accessories and functionality
At first sight, the Philips Sonicare DiamondClean Smart toothbrush convinces with a timelessly sleek, smooth and minimalist design. Its white casing, which is completely sealed - apart from the on/off and mode selection buttons - does not appear to collect as much bacteria as competing models might do.

The mode selection button lets patients choose between three brushing intensities (low, medium and fast) and between five modes (clean, white+, gum health, deep clean+ and tongue care), which are all shown as illuminated symbols on the toothbrush body. Similarly, the battery life is shown as an illuminated symbol at the very bottom of the body. As for the charging options, the toothbrush can be charged via a glass induction charger or a travel case for patients on the go.

Because of its Sonicare technology, the toothbrush appears to be less noisy than other models on the market. Of course, this has no impact on the brushing performance but is something some patients might look out for and is certainly a benefit worth mentioning.

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Different goals, for example, the plaque removal goal, can be chosen to improve a certain oral health issue.

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.

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 frameworks aimed at ensuring 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 of evidence, detailing the outcomes of four clinical trials one 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-professional/dental-professionals/resources_and_education/professional-education/clinical-studies).

The first part of an ongoing review series discusses the Sonicare DiamondClean Smart toothbrush by Dutch technology company Philips. (Photograph: Philips Sonicare)