

ORAL IRRIGATION

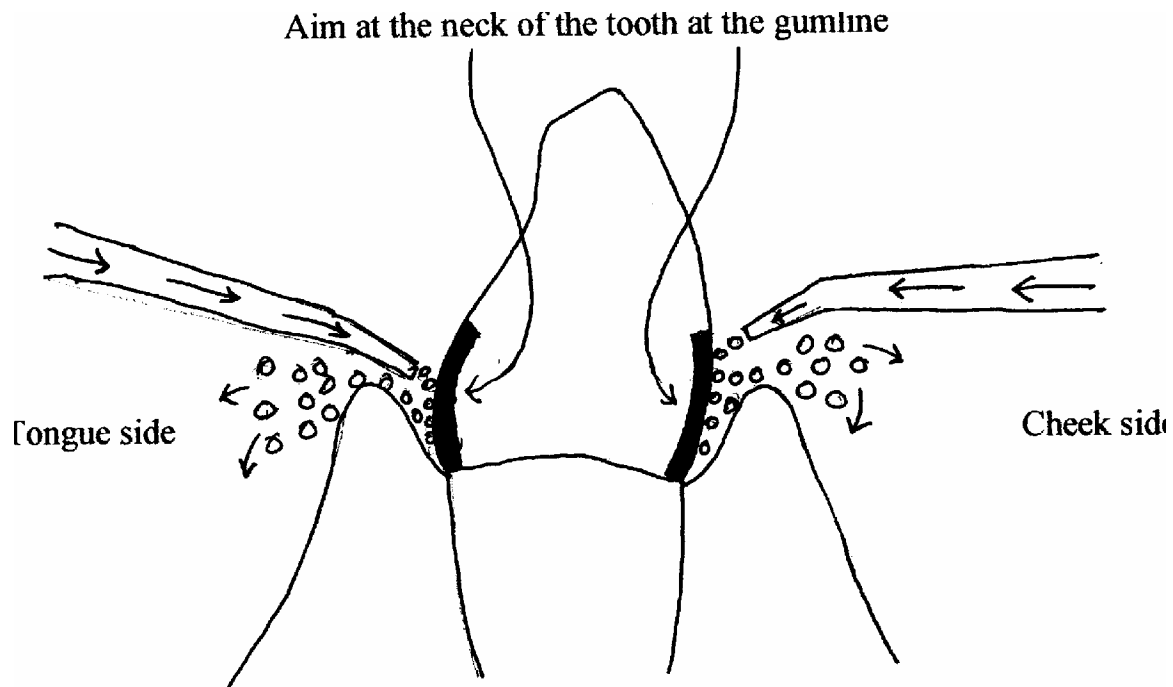
In my opinion and clinical experience, this is the most underrated and underused oral homecare device in fighting gum disease and tooth decay. Research has proven that oral irrigation is an effective method for removing plaque, bacteria and small food particles, in reducing bleeding, and reducing tissue inflammation (gingivitis). In only 2 weeks of daily use, improvement in the gum tissue health can be anticipated due to the cleaning and stimulation effects of the pulsating stream of water or antibacterial solution. Oral irrigation is especially effective around crooked teeth, bridges, braces, and wisdom teeth. Types include countertop, portable, and shower attachment. Tongue cleaners, specialty tips for deep gum pockets, and even sinus irrigating tips can be purchased. Brands include Water-Pik, Hydrofloss, Viajet, Oral-B, Conair, and Oral Breeze. These can be purchased at drug stores, general merchandise stores, online, and at my office. Please ask us if you have any questions beyond these generalized guidelines on how to properly use an oral irrigator. However, always consult the manufacturer's instructions on the safe and proper use and maintenance of your oral irrigator.

- Use only liquid solutions such as water or mouthwash in your irrigator. (*Don't* add salt, baking soda, or other abrasives to the water because it does not fully dissolve in solution)
- Although the irrigator is helpful at any power setting, it is most effective in removing bacteria at the medium to medium-high settings.
- When first using the irrigator, start at a low pressure setting and increase the pressure as your comfort allows. There should not be any bleeding when gums are healthy.
- After each use, flush the tubings with warm water, then run it dry to prevent bacterial growth in the tubings.
- Success depends on consistent daily use! Once daily is adequate and preferably after the last meal or snack of the day. Waiting until bedtime is often counterproductive because people are just too tired to do a thorough job or will skip it altogether.
- If there is not enough room in the bathroom for the device, use it in the kitchen. For visual appeal, cover it with a decorative toaster cover when not in use.

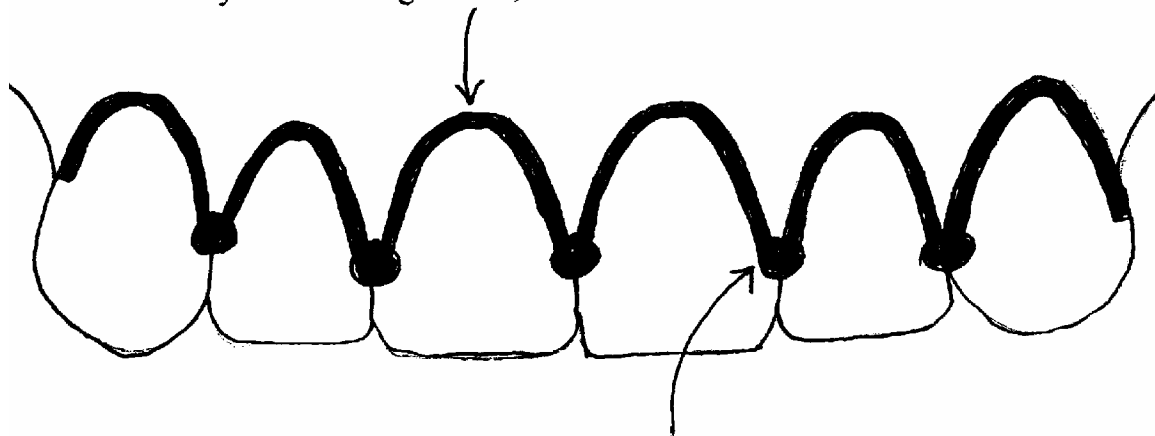
HOW TO USE:

- Lean over the sink.
- Place the tip of the oral irrigator in the mouth and partially close your lips around the tip before turning on the device.
- Aim the tip at the gumline at a 90° angle, slowly trace the tip along the scalloped edge of the gumline, pausing about 5 seconds in the area between adjacent teeth before moving on, perform on both the outside and inside gumlines.
- Breathe through your nose and allow the excess water to drool from your mouth into the sink as you go.
- Rolling or rocking the wrist as you move the tip may help the water stream reach all surfaces more effectively.
- It should take only 2-3 minutes to irrigate your entire mouth.

(Diagrams on the other side)



Slowly follow the gumline, both front and backsides of all teeth.



- Do once daily (best after the last meal/snack of the day)
- Use at least 1 full reservoir of water
- More important than brushing or flossing in my opinion