

ORAL HYGIENE INSTRUCTIONS

This is the first part of your periodontal treatment. With this procedure, you will reduce the inflammation of your gingival (gums) and make the rest of the treatment a success.

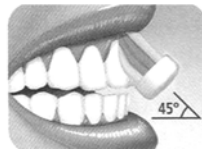
These instructions are add-ons to your current brushing technique. We recommend that you perform this once a day, preferably in the evening when you have more time.

DISCLOSING

Prior to brushing, take one disclosing tablet (pink) and chew until dissolved. Rinse with water. Using the mouth mirror provided, look along the gumline, the plaque will appear RED. At this point, you should time yourself to determine how long it will take you to completely remove all plaque (stained in RED.)

BRUSHING

1. Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surfaces and the gumline.



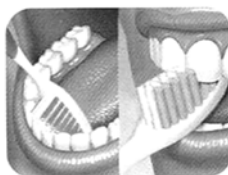
2. Gently brush the outer tooth surface using a circular motion until the red stain disappears. Then complete brushing the outer teeth surfaces.



3. Repeat the above steps for the inner teeth surfaces. Or you can use an up-down motion which will also brush and penetrate the gumline.



4. Tilt brush vertically behind the front teeth. Make several up/down strokes using the front half of the brush.



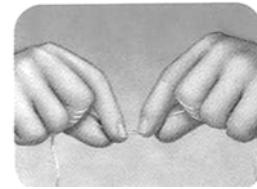
5. Place the brush against the biting surface of the teeth and use a gentle back and forth scrubbing motion.



FLOSSING

Flossing should be done at least once a day, in the evening, when you have more time.

1. Take an “elbow length” of floss. Wrap the floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a short distance in between.



2. Gently guide floss between the teeth; once you hit the gums, STOP. Wrap floss around the tooth in a “C” shape. Slide floss up and down against the tooth surface 5-10 times until clean.



OTHER TOOLS

Floss threaders are designed to help pass the floss under a fixed bridge or orthodontic appliance.

Proxabrushes are for cleaning between teeth which have more space or gum recession. Coming from the outer side, insert the proxabrush between the teeth and brush in a back-and-forth motion. Repeat this step coming from the inside.

End Tuft brushes are small, single ended soft toothbrushes, which are designed to clean the gumline of hard-to-reach areas.