

HOMework

Evening Oral Hygiene Routine

1st: Brush

2nd: Floss

3rd: Waterpik

4th: MouthWash * Please read instructions on the Mouth wash bottle *

5th: Straight to Bed

The purpose of going in this order is to remove plaque and bacteria from largest to smallest.

1-Brushing should be done in a circular motion, NOT TOO HARD, and final stroke away from the gums. This removes all large foods and plaques.

2-Flossing is not easy at first but this step is key in maintaining healthy gums. I recommend watching a 2-3 Youtube videos. The definition of flossing that I use is this: Flossing is the action of going in between TWO teeth and slowly polishing each tooth surface. Try Hugging the tooth and polish to the gum line. NOTE if you bleed DO NOT WORRY, continue flossing daily, and the blood should minimize or stop. This step is crucial, take your time.

3- Flossing can give you overall healthy gums, BUT the Waterpik is special and really adds the fine touch to getting all plaques and bacterias out of the gum space. The Waterpik shoots water with pressure into the gums and washes everything out. This is perfect for those with bleeding gums and deep pockets or bone loss. Be patient it took me a month to learn to use this machine, SO WORTH IT ! watch videos on you tube or Waterpik website.

4- After step 3, the mouth is clean, but to really kill of bacteria Mouth wash should be used right after the Waterpik. Mouth washes basically ruin the world of the bacteria, changing all of the properties they need to grow and multiply over night. Antiseptic mouth wash should be in the mouth for 30-31 SECONDS, then go to bed this is perfect for gingivitis. There is also anti cavity mouthwash with fluoride, this should be in the mouth for 60-61 seconds, and then spit and go to sleep, Perfect for those always getting cavities.

Any questions please write them on paper and bring to the next visit. Please feel free to leave me a review, highly appreciated. Just in case you forgot, my name is George the Hygienist.