



## INSTRUCTIONS FOR ORAL HYGIENE CARE

Brush 2 to 3 times a day with a soft toothbrush. Use a 45-degree angle and massage the gums with a short side-to-side motion and light pressure for 2 minutes.

Floss once daily using the "C" technique. Pressure should be on the teeth and not cutting the gum. Do not push too hard toward the gums. It will cut the gums.

Listerine is the preferred mouthwash. Brush with the Listerine before bedtime daily, or irrigate with it if you are using a Waterpik.

- Listerine may be contraindicated with excessive tobacco use/alcohol consumption. Ask us.
- Nonalcoholic mouth rinses (such as Crest Pro-Health) are available.

Biotene, Oasis Spray, GC Drymouth Gel are recommended for patients who suffer from dry mouth. They are alcohol-free and help to lubricate and condition the oral tissues.

We recommend electric toothbrushes and prefer the Sonicare Elite model for most of our patients.

If you use a Waterpik, always place it on a low-to-medium setting. Should you choose to use Listerine in the unit, mix the mouthwash with warm water (1/3 mouth wash to 2/3 water) to irrigate. Place the tip straight through the spaces in the teeth. Do not angle the tip up or down. If the pressure is too hard, reduce the setting.

Stimudents, soft picks, toothpicks and stimulators may be used to massage the gumline. This is especially helpful to reduce puffiness.

Proxabrushes and Go-Betweens are used to clean any spaces between the teeth. Dip them in Listerine prior to use.

We do not recommend baking soda or tartar control toothpaste because they are too abrasive. "Regular" or "sensitive" of any brand is recommended. Also, make sure it contains fluoride.