

## Home Hygiene Aids



**Waterpik** (<https://www.waterpik.com/>)

Waterpiks are recommended for all patients that have a history of periodontal disease. They are particularly useful around teeth with open embrasures, dental implants and teeth that have been restored with fillings or crowns.

What to put in the reservoir?

Option 1: Warm tap water.

Option 2: 1-2 caps of listerine or alcohol-free rinse mixed with warm water.

Option 3: 6-8 drops of regular household bleach per 8 oz. of warm water.

**(cordless/travelers Waterpik):** Since the reservoir is smaller. Use 2-3 drops of regular household bleach and fill it with warm water.



**Sonicare** (<https://www.usa.philips.com/>), **Oral-B** (<https://oralb.com/>)

These are the two electric toothbrushes we recommended for our patients. Or any over the counter soft or extra

**Brushing technique:**

- 1) Place the toothbrush parallel to your teeth with the bristles toward the gums.
- 2) Tilt the brush to a 45-degree angle and move the bristles slightly under the gumline.
- 3) With firm but gentle pressure, and while maintaining the bristles under the gum tissue, wiggle or vibrate the brush back and forth or use a small circular motion 15 to 20 times, before moving to the next area. The brush should cover two to three teeth at a time.
- 4) Brush the entire outer surface of the teeth and then continue the same technique on the tongue side.
- 5) To brush the insides of the front teeth, hold the toothbrush in a vertical position and use the bristles on the toe of the brush, but make sure they are getting under the gum tissue.
- 6) Brush the chewing surface of the molar teeth and don't forget your tongue.

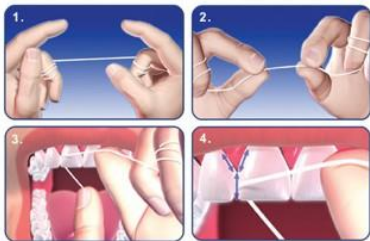


**Flossing**

Proper flossing removes plaque and food particles where a toothbrush and waterpik cannot easily reach. Because plaque and food build-up can lead to tooth decay (Cavities) and gum disease, daily flossing is highly recommended.

**Flossing technique:**

- 1) Start with about 18 inches of floss, wind most of the floss around one of your middle fingers, leaving about an inch or two to work with.
- 2) Hold the floss between your thumb and index finger, gently see-saw in between your teeth until you break through the contact.
- 3) Gently curve the floss in a "C" shape around one side of your tooth and move the floss both up/down and side to side (like shining a shoe). Then repeat on the opposite side.
- 4) Gently slide the floss back out through the contact. Repeat as needed until no more plaque is found on the floss.

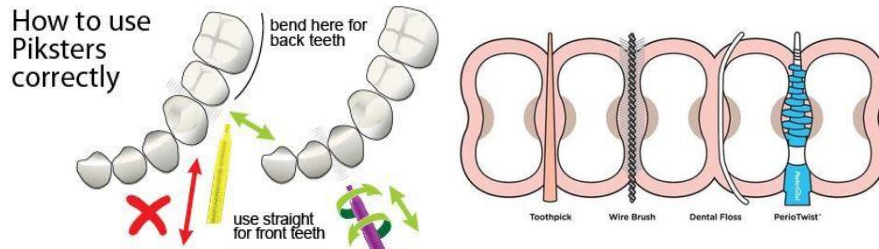


## Interproximal Brushes



- **Pikster** (<https://www.piksters.com/page/piksters>), **GUM Proxabrush** (<https://www.gumbrand.com/between-teeth-cleaning/interdental-brushes.html>)

Interdental brushes are small cylindrical brushes designed to slide into and clean the spaces between the teeth. Unlike floss, they have lateral bristles that spring out to engage and remove the plaque in the small crevices in between the teeth. Dentists call these areas of furcation's. Floss tends to clean in a straight line across the two humps on either side of a furcation whereas an interdental brush can spring out and dig into these areas and disturb the plaque.



## Rubber Tip Gum Stimulator

- 5) Rotate the floss so you are using a new section for the next are and repeat until done.

- **Rubber Tip Gum Stimulator** (<https://www.gumbrand.com/gum-stimulator-600rqa.html>)

The stimulator rubber tip massages the gums and helps to dislodge food particles and dental plaque. For people with wider spacing between teeth, gum stimulators can be particularly useful to clean between the teeth.

### **Gum Stimulator Instructions:**

- 1) Place the rubber tip of the stimulator between two teeth, at a 45-degree angle. Using a gentle, circular motion, massage the gumline.
- 2) Repeat until you've massaged each space between your teeth. You can also gently run the tip of the stimulator along the bottom edge of your teeth, right where they meet the gums. Doing so will remove any excess plaque and food caught between the teeth.



## End-Tuft Brush

- **End-Tuft Brush** (<https://www.gumbrand.com/gum-end-tuft-toothbrush-1.html>)

End tuft brushes are also known as singled end tufted brushes that are used to compliment your daily oral hygiene routine. Due to its design the end tuft brush allows for easy access on hard to reach areas. There are variations in the shape of the tufts and the width and length of the handles. End tuft brushes are indicated in open embrasure areas where there is little or no papilla. The end tuft brush can be used for the removal of plaque on tooth surfaces on specific areas such as: braces, wisdom teeth, crowded teeth, and tooth surfaces that are next to missing teeth. It can also be used to clean areas around implants, bridges, dentures and other appliance.

### **End-Tuft Brush Instructions:**

- 1) Place the end-tufted brush along the gum line where the gum edge meets the tooth.
- 2) Slowly move the brush along the gum line applying light pressure.
- 3) Trace along gum line moving from tooth to tooth, adding a circular motion between the teeth.

