

Waterpik

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

Waterpiks are recommended for all patient that have a history of periodontal disease or implants. It is one of the best tools for removing plaque and 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 or preferably distilled water
- Option 2: 1-2 caps of Listerine or alcohol-free rinse mixed.
- Option 3: 1-2 teaspoons of regular household bleach per 8 oz. of warm water or as directed by your dentist.

(Countertop Waterpik):



(Cordless/travelers Waterpik):



How to use the Waterpik:

1. Fill Reservoir with water and any recommended antimicrobial agents.
2. Adjust the dial to a suitable pressure level (Countertop models) or set to high or low (travel model).
3. Lean over sink and place tip in position (about a 45 degrees angle towards the gumline)
4. Turn on the waterpik, keeping your lips relaxed and letting the water flow into the sink.
5. Follow the gumline and move the water stream in between the teeth.