

Oral Hygiene Instruction Sheet

Periodontal disease results from harmful bacteria infecting the tissue, particularly in-between the teeth. This sticky film (plaque, bacteria, slime) must be removed daily. These bacteria are also associated with many systemic diseases, examples include: hardening of the arteries; increased risk of stroke, complications of pregnancy etc.

PRIORITY FOR USE OF EACH ITEM:

- 1. GAUZE** (*Obtained from our office as needed or from CVS pharmacy, Item #803119*) The daily use of gauze is essential. Wrap a piece of 2"x 2" gauze on your finger; moisten with Listerine mouthwash and vigorously massage your gums at the junction of the gum and tooth. Each surface of every tooth must be massaged. If you have large spaces between the teeth, or "free standing" teeth, use the gauze to "shoe-shine" these surfaces.
- 2. INTERDENTAL TOOTHPICKS** (*Obtain from Lactona Corporation: 888/522-8662, www.lactona.com*)
Use daily. Keep a pack in your car, on the television set, or your desk. Use them frequently. Become a "toothpick addict".
- 3. INTERDENTAL BRUSHES** *These are available for purchase either at our office or through 2 alternative website distributors*
1. StainNo (866/478/2466, www.staino.com) - PY-CO Twin Interdental Brushes Jumbo (S1648).
2. Lactona (888/522/8662, www.lactona.com) - Red Handle version (Easy-Dent Type B)

Use the interdental brushes daily and replace every 4-6 days. Use the thickest interdental brush that will fit, even if a little pressure is needed. Use **Gelkam** fluoride or **Paradontax** (preferred) toothpaste on the Interdental Brush. Many patients need both, thick and thinner brushes for different areas of the mouth. If the interdental brush does not fit, use an interdental stick (toothpick- see above). Use whatever combination of brushes/sticks work throughout your mouth.

- 4. DENTAL FLOSS/TAPE** (*Use Reach Dentotape or OralB Glide ProHealth Dental Floss*)
"ALWAYS: FLOSS OR INTERDENTAL DEVICE FIRST/ BRUSH LAST"
Curve the tape (about 18"), into a "C" shape, keeping firm pressure against the tooth. Carry the floss under the gum until you feel definite resistance without discomfort, and then scrape it up along the side of one tooth. Do not forget to floss the back surface of each back tooth. Focus on efficiency.
- 5. ELECTRIC BRUSHES: BRAUN ORAL B- (double head) as well as SONICARE (small head- adult version).**
Use the Sonicare in the morning and the Braun in the evening. Remember to change the brush heads every 2-3 months. They wear out, just like a regular brush!
- 6. PREFERRED TOOTHPASTE: Paradontax or Listerine.** Ask the Pharmacist at the Pharmacy counter if needed
- 7. GENERAL INFORMATION:**
Your gums may bleed and become tender. This soon subsides as the infected and inflamed tissue heals. The bacterial plaque grow back every 24 hours. You must remove the infecting bacteria thoroughly, systematically, and effectively daily, or the bacterial plaque will accumulate in such large numbers that periodontal disease and cavities re-occur. Try to clean every tooth separately, independently and efficiently, especially the back teeth.

ORDER OF USE:

- Clean between teeth with floss (morning) and toothpick or interdental brush (evening) first.
- Use your toothbrush.
- Finally, massage the gums, either with gauze saturated with Listerine, or with a wet baby washcloth in the shower.