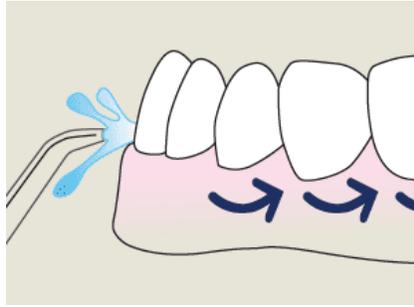


Oral hygiene basics.

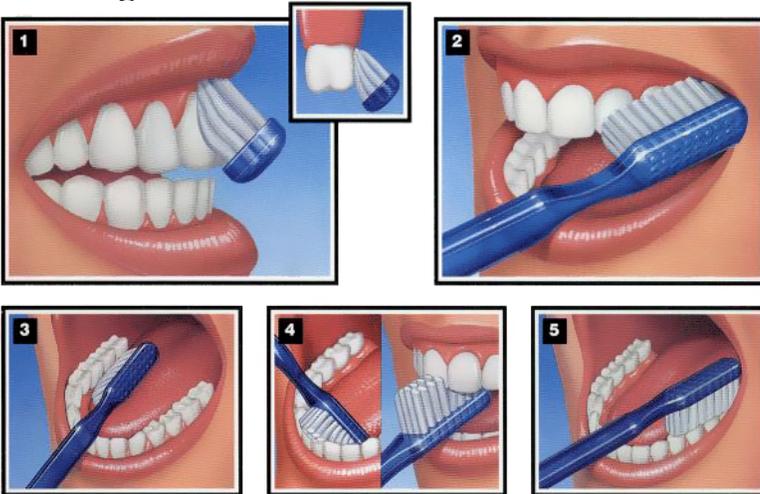
Waterpik:



- Waterpik is **not a substitute** for flossing. They supplement each other.
- Irrigating around teeth helps to remove plaque, which improves cleanliness.
- It also introduces oxygen in hardest-to-reach areas between the teeth. This **significantly reduces number of pathogenic bacteria and inflammation.**
- Waterpik-ing is hugely important for people with crowns, bridges, braces etc. because of mechanical limitation for proper flossing.

- Interestingly, **with age rate of decay goes down, however gum diseases start to prevail.** Gingivitis, periodontitis, gingival pockets – many people have this conditions. Adding Waterpik to hygiene routine can greatly improve prognosis and prolong healthy mouth state.
- **For Waterpik use:** plain water **or** water with diluted table salt or baking soda (mild to moderate amounts) **or** capful of mouthwash solution (e.g. Scoop) in water etc. One can experiment and **create their own mouthwash** from a cooled down **chamomile tea**, or by adding 5 drops of wintergreen (or tea tree, oregano, peppermint etc) oil to the water before use.

Brushing:



- Basic method of brushing: place brush bristles at 45 degrees to the where teeth meet gums and sweep away from the gum (down on upper jaw, up - on the lower). Imagine sweeping dust from a room's corner.
- The goal is to get into crevices near the gum and between the teeth.
- Electric brush or manual - does not matter. You need to remove plaque (soft deposits) from around teeth and gums. Use whatever work for you.
- If you feel that there is still soft “stuff” around back or between front teeth – you did not do it well enough. You are the ultimate judge and you want **to achieve a clean sensation!**

- Brush teeth after you eat (not before). Brushing prior to night's sleep is most important.
- If you prefer electric brush – try a sonic one (e.g. Sonicare Philips). It delivers 30000 brush-strokes-per-minute, as well as intensively agitates and moves fluid around and introduce oxygen between teeth.
- Spend 5 minutes and on Youtube or Google **“Bass brushing technique”** for more graphic explanations.

Flossing:

- Toothbrush can only reach 3 surfaces out of 5 on average tooth. Not the back or front surface.
- Use floss to “scrub” between the teeth.
- Flossing removes bulk food particles from between the teeth and rub off plaque away from the gums.
- Don't forget to “scrub” 2 teeth in one contact are: the back and front one.

