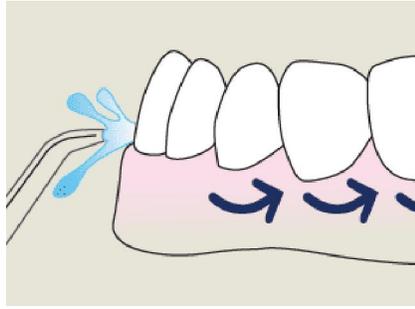


Oral Irrigation Waterpik and Increased Bacteria Control



- Irrigating around teeth helps to remove plaque, improves cleanliness, massages the gums.
- It introduces **oxygen** in hardest-to-reach areas between the teeth, crowns, under bridges etc. This **significantly reduces number of pathogenic bacteria and inflammation.**
- Waterpik-ing is very important for people with crowns, bridges, braces etc. because of mechanical limitation for proper brushing.

Note: **With age** people develop less cavities, but **more gum problems**. Gingivitis, periodontitis, pockets around teeth, gum recession – many people have these conditions. There is a **strong connection between mouth diseases and general health**. Heart conditions, diabetes, stroke, respiratory infections are more frequent in people with poor oral health. Adding Waterpik to daily hygiene routine can greatly improve prognosis and prolong healthy mouth state, thus minimizing general health risks!

How to use

- Fill the reservoir with warm water.
- Stand above the sink. Put the tip in the mouth. Look down and switch Waterpik on. Lips sealed.
- Move the tip around teeth slowly. Try using up the whole reservoir per session.
- Waterpik is for between teeth, not the outsides. Aim to spend at least 5 sec per space between each pair of teeth. Back teeth (molars) need a bit more attention than front.

DIY mouthwash options

We recently learned that diluted household chlorine bleach, or other products, added to the water in the Waterpik reservoir can be a useful homecare adjunct to control oral bacterial levels when treating or maintaining periodontal disease. Please be advised that the company that makes your oral irrigator will not honor the warranty if anything other than plain water is used in the machine.

Household Chlorine Bleach* *use 3 times per week until gum bleeding stops or as directed by dentist*

- Fill Waterpik reservoir full with warm water. With eye dropper, add 6-8 drops of household chlorine bleach (e.g. Chlorox) into the reservoir. Use Waterpik as usual.

Natural Alternatives* *pick one from below - suitable for long term daily use*

- 20-30 drops of **grapefruit seed extract** per reservoir. Effective against a variety of oral bacteria.
- 2-5 drops of **Oregano oil** per reservoir. Great action against bacteria, candida, viruses.
- 1 1/2 tsp of **Xylitol sweetener** per reservoir. Strong antibacterial and anti-caries activity.
- 1 teaspoon of plain **baking soda** per reservoir. Mix well. Kills bacteria, improves saliva/oral pH.

* When finished, flush Waterpik with plain water.