

Home Care Instructions

The typical daily routine that we prescribe is:



AM - Immediately after waking, brush the chewing surfaces of the teeth and the tongue using a small amount of toothpaste and a soft toothbrush.

Follow this by carefully brushing the inside and outside surfaces of the teeth and gums for two minutes on the upper arch, and two minutes on the lower arch. Many of our patients use the Sonicare® battery-powered toothbrush; this system takes a lot of the guesswork out of proper brushing.

Lunch - Most people are pressed for time at lunch - if you don't have time to brush and floss, drink water and chew sugarless gum.



PM/ Evening –

1. **FLOSS FIRST.** Wrap the dental floss in a c-shape around the tooth, and floss up and down until the tooth “squeaks”, frequently wrapping the floss to a fresh section. The floss should move between the teeth without sticking or shredding, if this occurs, try waxed floss or check with your dentist to make sure you do not have any broken restorations or decay.

2. Use a Sonicare® for four minutes without toothpaste. Tilt the brush at a 45 degree angle, and brush “into” the gums where they meet the teeth. After four minutes, run your tongue over the tooth surfaces; if they feel rough, re-brush.

3. Use a Rubber-tip Gum Stimulator – Available in most pharmacies, this is a small rubber point on the end of a toothbrush handle, or pocket-size device the size of a toothpick. Dip the rubber tip into baking soda, and trace all around the gum line and in between the teeth, applying steady pressure.



Before Bed – Brush your teeth using a manual, soft toothbrush dipped in baking soda to polish the teeth; this will also decrease the pH in your mouth. Taking preventive measures before bedtime is critical; during sleep the mouth is closed and warm and all of your body's systems are slowed, creating a perfect haven for growing bacteria!

There are many dental aids that can help in challenging areas; such as floss threaders for bridgework, or flossing devices for hard-to-reach areas. We welcome your questions and encourage you to bring any difficulties to our attention. After all, your home care is a significant part of your therapy, your success in this area influences our success in your treatment!