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**Home Care is a very important part of periodontal therapy.  
Non-compliance can cause partial or complete  
failure of treatment.**

1. Use soft nylon brush as instructed. Brush for approximately 1.5 minutes. At least twice a day. If using an electric brush we recommend the Braun Oral B. \*
2. For patients with >4mm pockets only!!! While the toothpaste is still in the mouth use an inter-dental brush in between the teeth for approximately 1.5 minutes. At least twice a day.
3. Fill the tank of the water irrigating device\* with water as warm as you can tolerate, and irrigate each space between the teeth for 5 seconds. Use the highest setting on the machine (unless otherwise instructed) but be careful to direct the pulsating water at "90 degree" angles to the long axis of the teeth. In other words, direct the water jet through the teeth (from outside to the inside only).
4. **For patients with >4mm pockets only!!!** Once a day, for ½ hour, use a round wooden toothpick to massage the gums as instructed (from outside to the inside only.)
5. Use floss once a day as instructed. We recommend Johnson & Johnson Reach Gentle Gum Care Floss. \*
6. Scrape the top of the tongue at least once a day.

**Habitual use of mouthwash is not recommended due to their cytotoxic effects.**

**NOTE:** 1. If you have a heart murmur or any other heart disease you should check with your physician before using a water jet device. 2. If you have an artificial joint check with your orthopedic surgeon before using a water jet device.

\* Make your purchases on our DrugStore.com website click on the link below:

<http://click.linksynergy.com/fs-bin/stat?id=7SfF/PyLlKY&offerid=43440&type=3&subid=0>