

## **HOME CARE INSTRUCTIONS**

(For adult periodontal patients)

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

1. Brush teeth thoroughly after eating. Use soft nylon bristle brush (or electric toothbrush) with toothpaste as instructed for 2 minutes.
2. While the toothpaste is still in the mouth, use an interdental brush between the teeth for 2 minutes.
3. If possible, use a water pik and irrigate between the teeth for 5 seconds in each space. Fill the tank with warm water (1000ml), use the highest setting you are comfortable with (unless otherwise instructed), and angle the pulsating water jet at *right angles* to the long axis of the teeth. **Do NOT place the tip down into the gums!** Be sure to direct the water jet through the spaces between the teeth (from the outside to the inside ONLY) for 4 minutes.
4. With a toothbrush or tongue scraper, brush/scrape the top of the tongue.
5. Follow each step above *at least* 2 times a day.
6. Once a day, use a stimudent (if applicable) to massage the gums as instructed (outside-in). **This will help the tissue to become firm and healthy.** Be careful not to use too firmly and do not use at all on your front teeth.
7. Use floss once a day as instructed.

8. Other: \_\_\_\_\_  
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