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**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.*

- ❖ Using a Sonicare toothbrush with toothpaste, place the bristles at a 45 degree angle on the gum line. For upper teeth move the toothbrush in a downward motion, sweeping over the gum line and the teeth. For the lower teeth, move the brush in an upward motion, allowing the brush to sweep over the gum tissue as well as the teeth. This type of motion will ensure that all surfaces of the teeth and gums are thoroughly cleansed. Allow the brush to do most of the work. Brushing should be completed for 2-4 minutes 3 times a day. If you choose to use a manual toothbrush, choose one with soft bristles. Following the same brushing motion described above. Manual brushing should be completed for 4-5 minutes 3 times a day.
- ❖ If you have spaces between your teeth, use an interdental brush as directed.
- ❖ be sure to clean your tongue. You may use your toothbrush or purchase a tongue scraper from you local drug store.
- ❖ If a Hydrofloss device has been recommended as part of your home care routine, fill the device with warm salt water. Irrigate the teeth beginning on the right side and working around to the left side. Pause 5-10 seconds between teeth. Irrigate the outside of the teeth only (the side toward your lips). Direct the water pulses at a right angle to the teeth, focusing in between the teeth. DO NOT angle the water stream into the gum line. Use the highest setting on the machine you can tolerate.
- ❖ Floss 2-3 times daily as instructed.
- ❖ Rinse with Perio Wash twice a day, in the morning and at bedtime. Do not swallow rinse. For maximum effectiveness, not eat or drink anything for 30 min, including water. Perio Wash can be obtained by calling 1-888-828-8228 or by visiting [www.toaofherbs.com](http://www.toaofherbs.com).

**NOTE:** *IF YOU HAVE A HEARTMURMUR OR ANY FORM OF HEART DISEASE, CHECK WITH YOUR PHYSICIAN PRIOR TO USING A HYDROFLOSS DEVICE. IF YOU HAVE AN ARTIFICIAL JOINT, CHECK WITH YOUR ORTHOPEDIC SURGEON BEFORE USING A HYDROFLOSS DEVICE.*