



**columbus family dental care**

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## **HOME ORAL HYGIENE INSTRUCTIONS**

(For Adult Periodontal Patients)

**Home care is the most important part of periodontal therapy. Non-compliance will cause partial or complete failure of treatment.**

1. Use a soft, nylon-bristle, brush as instructed. The shape, size, and configuration of the brush are of little importance. Hold the head of the brush at a 45 degree angle, aiming the bristles into the gum-line. Use small, circular motions, keeping the tips of the bristles more or less in the same place. Spend about 10 seconds or more on each tooth. Concentrate on brushing each tooth individually. A properly used toothbrush should last no longer than 3 months. Any ADA accepted toothpaste with fluoride is fine.
2. If recommended, use an inter-proximal brush between your teeth while you still have toothpaste in your mouth.
3. If recommended, use a water-irrigating device (Water-Pik) with water as warm as you can tolerate, and irrigate each space between your teeth for at least 5 seconds. Use the highest setting on the machine, unless otherwise instructed, and be sure to direct the pulsating water jet at right angles to the long axis of your teeth. In other words, direct the water jet through the spaces between your teeth (from the outside to the inside only).
4. Follow the above 3 steps after every meal or at least twice daily.
5. At least once a day, for a few minutes, use a round toothpick to massage the gums as instructed (from the outside to the inside only).
6. Use floss once a day as instructed. Use about 18 inches, wrapped around your middle fingers. With your thumbs, guide the floss gently and carefully between your upper teeth, using a see-saw motion. For your lower teeth, use your index fingers. Avoid "snapping" the floss against the delicate gum tissue. Curve the floss around each tooth in a "C" shape and gently guide it under the gum-line. Move it up and down the side of each tooth several times. Use a new section of the floss for each tooth.
7. Brush the top of your tongue and the roof of your mouth at least once a day.
8. Return for your regular periodic maintenance visits and call our office anytime if you ever have any questions.

NOTE: If you have a heart murmur, any heart disease, or an artificial joint, you should check with your physician before using a water-irrigating device.

Thank you,

*Columbus Family Dental Care*

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*A General Dentistry Practice*