Oral Cleansing Procedure

1. Using a gum stimulator (http://astore.amazon.com/w0c8-20/detail/B001RNF1KS), sweep the “pockets” or the spaces between the gums and the teeth. Pay special attention to any troublesome areas, but be gentle with this sensitive tissue. This is only to disturb any plaque colonies living in this space and not meant to thoroughly clean the space.

2. Brush teeth thoroughly for at least 2 minutes with either a Sonicare http://astore.amazon.com/w0c8-20/detail/B002SEEIL1 or at least a tooth brush that has some rubberized “bristles” (Such as the Reach Dual Effect http://www.myshopping.com.au/ZM--919094452_Oral_Care). Be sure to pay special attention to both sides of the molars and the lingual (tongue) side of the lower incisors (front teeth).

3. Use a Waterpik to cleanse the gums and pockets. This office recommends the Panasonic handheld Water Irrigator http://astore.amazon.com/w0c8-20/detail/B002SEEIL1 as it is inexpensive and very easy to use for both children and adults. It is also collapsible and travels easily. See the following sites for and instructions and more information: http://www.waterpik.com/oral-health/quick-start-guides/WP-450.pdf http://www.youtube.com/watch?v=Orvfl1zPzo8. Be sure to follow the instructions closely especially in that the water pressure should be gentle when you start out and pick up gradually as your gums heal. In severe cases or for fast results, Waterpik the mouth 2-3x/day. Enjoy!

4. If there has been severe inflammation or pain, consider following with a rinse of The Natural Dentist (http://www.bleedinggums.com/reverse-bleeding-gums/) or similar product that contains Calendula, Echinacea, and perhaps Goldenseal as well. Additional herbs will not harm the healing process. Rinse, swoosh and gargle for 30 seconds. For best results, do not eat or drink for 15-30 minutes.

5. This procedure is most effective when done after breakfast and before bed.