

Proper Home-Care Routine For Your Gums:

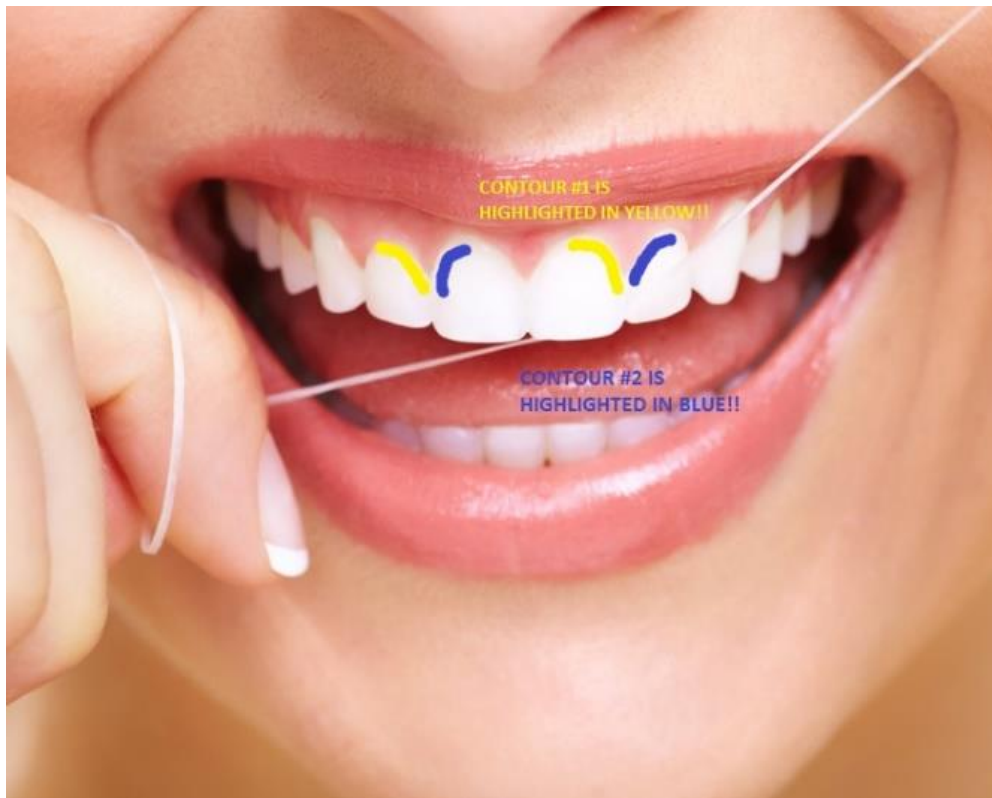
- 1) It is important to keep your gums healthy. Healthy gums should be dense, pink and tightly adapted to the tooth.
- 2) If your gums get loose and floppy then more food will get compressed into the pocket and your gums will start bleeding/dying due to inflammation known as gingivitis/periodontitis.
- 3) Anytime you notice bleeding or tenderness from your gums then you should understand your gums (and the underlying bone) is dying.
- 4) Gum disease is bad for your teeth and jaw bone. Gum disease is also related to cardiovascular disease.
- 5) Anytime you notice bleeding or tenderness from your gums that means you need to quadruple the amount of flossing you do in that area.
- 6) Bleeding and tenderness is totally normal for gum disease patients thus you should not be scared and stop flossing because you see blood.
- 7) Indeed, you should quadruple the amount of flossing you do in the areas that bleed and feel tender.
- 8) If you floss properly (4 times per day) and water pik properly (3 times per day) then you will notice a strong reduction in bleeding/tenderness from you gums.
- 9) We recommend **Glide ribbon floss** and it must be used wrapped around your fingers to allow for careful manipulation of the floss underneath your gum line.



- 10) **Flossing sticks with handles on them are NOT acceptable for adults.** Flossing sticks with handles on them are only good for kids and as an adjunct for adults. All adults should floss one to four times per day using string around their fingers.



- 11) **Every flossing contact you “pop” into will lead you to two separate contours that need to be meticulously polished in a repeated manouver with your floss passing deep underneath the gums.** You should see your floss disappear deep underneath the gum line as you polish the tooth surface for both of these wing shaped contours for the two adjacent teeth in that flossing contact.



12) Gum Floss Threaders are rigid devices that help you pass your floss beneath dental restoration such as a bridge, splinted crowns or provisional splints.

GUM FLOSS THREADERS-

USED TO FLOSS BELOW BRIDGES AND
SPLINTED CROWNS!!



13) How to do proper hygiene for implant crowns:

- a. Patient must brush 3 times per day. Patient must be generous with the tooth paste because the tooth paste is not useful when it gets watered down. You want thick, dry and gritty tooth paste that feels like sand paper inbetween your fingers. That gritty feeling is lost once the tooth paste becomes liquified in saliva. Thus you must spit out the liquified (watered down) tooth paste and reapply fresh dry gritty tooth paste to ensure you are not wasting your time as you brush for atleast 3 minutes. I recommend Colgate Total tooth paste. I recommend the Oral B electronic tooth brush that comes with circular brush head.



- b. Patient must floss 3-4 times per day by making a c-shaped configuration for the floss as it goes deep beneath the gums to access the actual metallic implant deep beneath the gum line. You want to make a c-shaped configuration with the floss and thoroughly polish the metallic implant deep beneath the gums with a reciprocal polishing motion for the Glide ribbon floss. Then after you flossed and brushed you can follow up with a thorough waterpik irrigation session as the final step of your oral hygiene routine.



- c. Patient must use water pik water irrigation machine 1-3 times per day. Patient must use the special "Pik Pocket Tip" to ensure deep access below the gum line. The "Pik Pocket Tip" is designed with a sharp rubber tip that allows for deep access below the gum line. It is made of rubber so it is gentle and comfortable but it is extremely small and sharp on the tip allowing for deep irrigation below the gum line around your implants, bridges, splinted crowns, provisional splintes and around any gum disease susceptible teeth such as molars and premolars.

