DAILY ORAL HYGIENE INSTRUCTIONS

1. Toothbrushing
  A. *COLGATE TOTAL TOOTHPASTE ONLY !! This is the only toothpaste on the market with Triclosan which kills the bacteria associated with periodontal disease. For patients with root sensitivity, you may use Sensodyne toothpaste in the morning with Colgate Total at night.*
  B. *Frequency: At least 2x per day. At least 2 minutes per session.*
  C. *Brush: Soft Brushes should be used daily. Use a supersoft or delicate brush for the 2 weeks post surgical procedure. Although BUTLER GUM is the recommended brand, any will suffice*
  D. *Direction: Brush is a motion starting at the gumline, moving away from the gumline. Brush the upper teeth in a downward direction and the lower teeth in an upward direction.*

2. Proxybrush: *This is your most important toothbrush. It slides in between the teeth at the gumline. It must be used at a minimum of 1 time per day at night. If the brush does not fit, do not force it.*

3. End Tufted Brush: *To be used behind the lower front teeth in a pull away motion (away from the gumline, upward) and also behind your last tooth in a sweeping motion (wisdom tooth, third molar area). This should be used 1 time per day.*

4. Flossing: *Daily. Break the contact points where the teeth come together to prevent cavities in those areas.*

5. Listerine: *Use Listerine brand rinse 2x per day for 30 seconds.   If you are using a prescription surgical rinse following surgery, use this instead of Listerine and go back to Listerine once you finish with the prescription surgical rinse. When using salt water rinses following surgery, continue using Listerine in morning and at night while using the salt water during the day.*

Note: *Gel Kam Rinse is a sensitivity rinse for patients with root sensitivity. Use this rinse 2x per day for 30 seconds. Do not eat of drink anything for 30 minutes after using, so the best time to use it is before bed and after breakfast. Once the sensitivity improves, go to once per day at night, and discontinue the rinse when the problem is gone.*