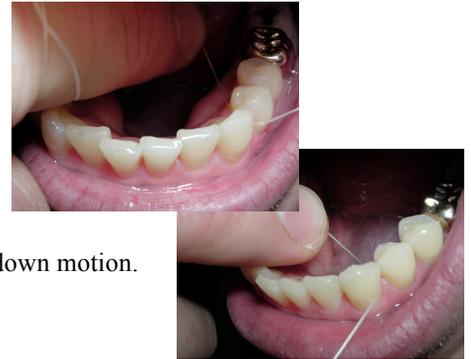


ORAL HYGIENE INSTRUCTIONS

Flossing:

- Approach methodically from right to left and top to bottom so as not to miss a contact.
- Do not saw, snap in and quickly out, or overly force into the gums.
- Insert gently, hugging in a “C” shape around the side of the tooth and clean in an up and down motion.
- Waxed or unwaxed, tape or string, whatever is most comfortable to use.

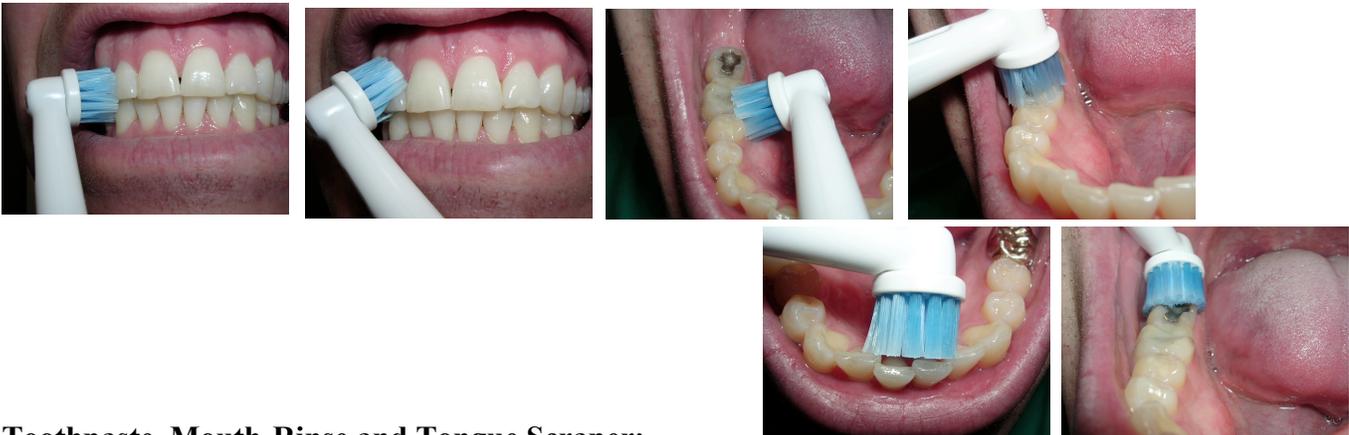


Inter-Dental Brushing:

- By far this is the most important tool for the periodontal patient, especially the post-surgical patients (remember it is all about the bacteria in the hard to reach places)
- This brush should be used in only the places it can passively enter (some experimenting is needed around the mouth)
- Use this methodically and gently insert and clean with a scrubbing motion (use tooth paste with this - [see photos](#))

Tooth Brushing:

- This is to be approached systematically going from right to left from the uppers to the lowers and then from the outside surfaces (cheek), to the biting surfaces, to the inside surfaces (tongue)
- The cheek and tongue side surfaces of the teeth need to be cleaned with two angles (90-degrees and 45-degrees [see photos](#))
- The 90 -degree angle is to clean the tooth itself and the 45- degree angle is to sweep the gum line of each tooth (remember to create a routine)
- It is also very important to clean the back of exposed back teeth ([see photos](#))
- It is also very important to invert the toothbrush to get the back of the front teeth ([see photos](#))



Toothpaste, Mouth-Rinse and Tongue Scraper:

- Control-Rx is a prescription toothpaste used for sensitivity, cavity control and killing of bacteria that cause gum disease
- Peridex RX mouth-rinse is essential in the initial or re-infection stages of treatment and should be used with your inter-dental brush and tooth brush for maximum effectiveness (using it this way will concentrate its therapeutic effect)
- Tongue Scraper is a necessary tool to keep the mouth healthy. The intension of this is to remove the loose bacterial cells from the top of the tongue to avoid quicker reinfection of the teeth and gums. It is also the one tool to eliminate bad breath.

Practice makes perfect. We are here to help.

Sincerely, Dr. Jason J. Augustine and staff