



YOUR GUIDE TO SAVING YOUR SMILE AND HAVING PLEASANT BREATH

The F B I

Controlling or eliminating the bacterial infection in your mouth is the key to keeping your smile for the rest of your life. We recommend The FBI method, a simple, easy to remember and effective homecare regimen.

TONGUE CLEANING

First, we suggest cleaning the tongue (T) once a day. The tongue is like a shag rug and harbors lots of infection and smelly bacteria. We suggest using a tongue scraper first and then brushing the tongue, concentrating on the very back. This will help prevent the bacteria from spreading to your gums or to other people and will also help prevent bad breath.

FLOSS

Then remove or disrupt the bacteria between your teeth. The best device is floss (F). There are many types of floss and all are acceptable, although we prefer the traditional unwaxed. Many people have trouble flossing. Other alternatives are inter-proximal brushes, rubber tips, stimudents or toothpicks. Floss holders will help some people. Regardless of the method, it is very important that the bacteria between the teeth be disrupted at least two times per week because this is where most gum infection occurs. When flossing aim for squeaky clean with 5 up & down strokes going under the gum on each side of the tooth.

BRUSH

The next step involves brushing (B) the inside and outside surfaces of the teeth with special focus on where the teeth and gums meet. Almost all soft brushes are acceptable. Most electric powered brushes are excellent. It is important to brush about two minutes and these brushes have timers. A problem with brushing is using too hard a brush and/or brushing too hard or too frequently. This causes recession, wear grooves and sensitivity in the teeth. Always brush more on inside surfaces and gently in areas of recession.

We suggest "Total" toothpaste, which contains the antiseptic triclosan as well as fluoride and has been shown to reduce gingivitis, caries and calculus. If cavities are a problem, we suggest "Prevident 5000" which will help remineralize the cavities. If sensitive roots are a problem, we recommend identifying acids in the diet and reducing them, i.e. citrus, vinegar, peppers, tea, etc. Using Crest Sensitivity or Sensodyne toothpaste can help this. We also have other treatments that can help. Professional whitening is available from your general dentist. This does the best job of whitening.

IRRIGATE

The last step is using a water irrigator to irrigate (I). We recommend holding the pocket pal tip between the teeth (pointing up for the upper teeth & down for the lower teeth) for a count of ten to allow an antiseptic to get beneath the gum where the real focus of infection occurs. Almost all people with periodontal disease will benefit greatly from irrigation. There are several potent antiseptics we can recommend. For mild problems, Listerine can be put in the water. It is very important that irrigation be done last after the bacterial plaque has been loosened by flossing and brushing. Be sure to use pocket pal tip to clean areas below the gumline.

The FBI sequence for homecare is a powerful attack on the bacteria and will help you save your smile and have pleasant breath for a lifetime.

(OVER )

"Excellence in Microbiological Periodontics, Implants & Laser Treatment"

THE F B I SYNOPSIS OF HOW TO SAVE YOUR SMILE

- 1. Scrape back of tongue 10 - 15 times
until no plaque remains**
- 2. Floss between teeth or use**
 - Proxabrushes
 - Stimudents, toothpicks, gum soft-picks
- 3. Brush at gum line with soft brush or Power Brush
for 2 minutes using Total toothpaste then brush tongue.**
- 4. Irrigate with oral irrigator using the recommended antiseptic
with Pocket Pal tip.
Hold for 5 - 10 seconds in between gum and tooth
Pointing up for the upper teeth & down for the lower teeth.**

Antiseptics for Oral Irrigator:

- ☐ 1/2 teaspoon Hibiclens - 8 oz. water
- ☐ 1/2 teaspoon Clorox - 8 oz. water
- ☐ 2 oz. Chlorhexidine mouthwash - 6 oz. water
- ☐ 4 oz. Generic Listerine - 4 oz. water
- ☐ 1/2 capful Under the Gum Irrigant - 8 oz. water

(OVER )