



## INSTRUCTIONS FOR USE OF THE WATER PIK

Handout (H-13) 07/29/09

### HEALTHY GUMS

*The Water Pik should be used every day.*

- 1) Turn control to high.
- 2) Place warm water in tank (warm water helps the circulation).
- 3) Place the tip close to teeth so the water shoots directly in between teeth. Do not aim water spray into the tissue.
- 4) Allow water to spray in between each tooth for 5 - 6 seconds.
- 5) Spray water through the top teeth and through the bottom teeth using the entire tank of water.

### POCKETS

*The Water Pik can be used twice a day, morning and night.*

- 1) Turn the control to medium. Do not spray high pressure into the gums.
- 2) Place a 1\2 of cup warm water in tank and add 2 capfuls of Fluoride Rinse (ACT, Fluoriguard or Listermint).
- 3) Angle the tip toward gums and spray solution into the pocket areas.
- 4) Go in a sequence starting in the back and "walk" the tip around the teeth at the gumline. Spend more time in the hard to reach and problem areas. Go around the outsides and insides of the top and bottom teeth. Use all of the solution.
- 5) After 2 months, start using Listerine, instead of the fluoride rinse. Then every 2 months thereafter, alternate between Listerine and fluoride rinses. This prevents the bacteria from becoming resistant to one medicament.

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