



Oral Irrigation/Water Pik

Good oral health takes time and effort. In addition to basic brushing and flossing, a Water Pik can be beneficial. Those patients who have orthodontic braces will remove three times more plaque and will dislodge food particles. Periodontal patients will find that a Water Pik massages the gums, reaches deeper into pockets than flossing alone, thus improving gingival (gum) health. A Water Pik will disrupt the plaque that lives beneath the gum line which causes bad breath. The counter top model is the more powerful of the two units. The rechargeable model has the advantage that it is water resistant and you can take it in the shower thus cutting down on the over spray mess. Be systematic taking one tooth at a time. Start with the upper right and work your way to the upper left (This should take ~ 30 seconds). Then move to the inside of the upper followed by the outside and inside of the lower (A total of 2 minutes). An antimicrobial mouth rinse can be added to the tank of the Water Pik to flush away additional bacterial biofilms. Specialty tips can be used for implants, crowns, bridges, and veneers. www.waterpik.com.