

***Congratulations for choosing to get healthier  
by removing the harmful infection in your gums!***

#### **Here's what to do to at home:**

- **Brush:** 2 times per day for 2 minutes each time
- **Floss:** At least once a day, preferably at bedtime
- **Waterflosser:** Once a day, irrigate gums on lowest setting with Pik Pocket tip. Trace Waterflosser along gumline inside & outside 1 tooth at a time.
- **Antibiotic (if prescribed):** Use as directed on prescription label.

#### **What to do with Rinses:**

<b>After 1<sup>st</sup> Appointment:</b>  <b>Paroex:</b> Use all 3 bottles, do NOT dilute.  1. Once a day: Swish & gargle with rinse. 2. Once a day: Use Paroex in Waterflosser	<b>After 2<sup>nd</sup> / Final Appointment:</b> 1. Once a day: Use <b>Paroex</b> bottle <b>first</b> in Waterflosser 2. After Paroex is gone, use <b>Listerine</b> diluted with water 50:50 in Waterflosser once a day. 3. After rinses are gone, continue to use Waterflosser once a day with water <i>or</i> Listerine mix 50:50.
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*\* After using any special solution in the Waterflosser, rinse unit to prevent clogging by partially filling reservoir with warm water and running unit with tip pointed into sink until unit is empty.*

**Your hygienist \_\_\_\_\_ recommends periodontal cleanings:**

- Every 3 months       Every 4 months       Every 6 months

This frequency will help prevent regrowth of harmful bacteria by removing buildup, plaque and stain. This will maintain fresh breath and gum health.

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the "Patient Resources" tab.***