

**Miller Family Dentistry  
Christopher Scott Miller DDS**

**Homecare is a very important part of  
periodontal therapy.  
Non - compliance can cause partial or complete  
failure of treatment.**

**Please call or come by the office if you have any questions or difficulty with your  
homecare instructions.**

**Homecare Instructions for: \_\_\_\_\_**

1. Use a soft nylon bristle brush as instructed. (4 minutes)
2. While the toothpaste is still in your mouth, use an interdental brush in between the teeth. ( 2 minutes)  
**We recommend a regular fluoride toothpaste such as Crest or Colgate. Please do not use over the counter mouthrinses or tartar control, baking soda and peroxide or whitening toothpastes. They are irritating to your oral tissues.**
3. Fill the tank of your water irrigating device (waterpik) with water as warm as you can tolerate, and irrigate each space between the teeth for 5 seconds. Use the highest setting on the machine but be careful to direct the pulsating water jet at right angles to the long axis of the teeth. In other words, direct the water jet through the spaces between the teeth (from cheek side of teeth only). (5 minutes)  
**Using the waterpik is the most important part of your homecare routine!**
4. Follow the above 3 steps after every meal.
5. Use floss once a day as instructed.
6. Scrape the tongue once a day as instructed.
7. Use Periomed rinse once or twice daily as instructed. Dip your brush in the rinse and brush at the gumline, then rinse your mouth out with the remainder.

**Note: 1. If you have a heart murmur or any other heart disease you should check with your physician before using a water jet device.  
2. If you have an artificial joint, check with your orthopedic surgeon before using a waterjet device.**

