

# Specific Dental Needs

## Treating Gum Disease

### Gingivitis

#### ***Gingivitis Treatment***

Gingivitis is a mild form of gum disease that can result in redness, swelling, and bleeding. If left untreated, gingivitis can progress to periodontitis, a more serious level of gum disease.

#### ***Gingivitis Symptoms***

Gingivitis generally does not cause pain. Signs of gingivitis include red, spongy, shiny, or swollen gums that bleed easily, even during regular tooth brushing. Gingivitis may only affect a small area of the mouth in the early stages. If it progresses, gingivitis can affect the entire mouth.



#### ***Gingivitis Causes***

The main cause of gingivitis is dental plaque. If not removed regularly, plaque can accumulate between your teeth and around the gums. The bacteria in plaque releases toxins that irritate the gums and cause inflammation, leading to infection and bad breath. Other contributors to gum disease and oral health problems are smoking and diabetes.

#### ***Gingivitis Treatment with the Waterpik Water Flosser***

Gingivitis is both preventable and treatable. If you see signs of gingivitis, call your dentist and make an appointment for an exam and assessment of your oral health. Your dentist and dental hygienist can best determine the appropriate gingivitis treatment for you.

If you have gingivitis, you can normally restore gum health through improved oral hygiene and teeth cleaning. Adding a Waterpik Water Flosser to your daily routine is one of the fastest and most effective ways to treat gingivitis. The Waterpik Water Flosser uses an effective combination of pulsation and pressure to clean where brushing and string flossing can't reach.

Clinical research shows that the Waterpik Water Flosser was up to 50% more effective than traditional string floss and up to 80% more effective than Sonicare® Air Floss (model HX8181) for reversing gingivitis and improving gum health.

# Specific Dental Needs

## Treating Gum Disease

### Periodontal Pockets Cleaning and Treatment

If you have periodontitis, you may also experience periodontal pockets. Pocketing can occur if your gums break down and separate from the teeth. The pockets result in deep spaces that allow bacteria to multiply.



#### ***Periodontal Pocket Cleaning***

Cleaning periodontal pockets can be a challenge using traditional methods. Brushing, flossing with dental floss, and rinsing are limited to how deep they can reach into a pocket.

To improve periodontal pocket cleaning, use a Waterpik Water Flosser with the Pik Pocket Tip. It features a soft rubber tip designed for low-pressure delivery of therapeutic rinses. It is easy to use and gently accesses up to 90% of the depth of a 6mm pocket.

#### ***Periodontal Disease Treatment***

Periodontitis occurs when inflammation or infection of the gums (gingivitis) is untreated. It is the primary cause of tooth loss in adults.

#### ***Periodontitis Symptoms***

In addition to the signs and symptoms of gingivitis, periodontitis gum disease symptoms include:

- A bad taste in your mouth and persistent bad breath
- Gums that pull away from the teeth or receding gums
- Loose teeth or a change in the way your teeth feel when you bite or chew
- Sore or tender gums
- Pus around the gumline

#### ***Periodontitis Causes***

Left untreated, gingivitis can progress to periodontitis. The bacteria from plaque causes gum inflammation, which leads to infection. Bacterial toxins and the body's natural response to infection start to break down the bone and connective tissue that hold teeth in place. Damage to the bones, gums, and tissue that support the teeth can lead to tooth loss.

#### ***Periodontal Disease Treatment with the Waterpik Water Flosser***

Treatment of periodontal disease and periodontitis depends on the extent of the disease. It can involve a combination of special dental cleaning procedures, medications, and surgery. Your dentist or periodontist can best diagnose your status and prepare a treatment plan for your specific needs.

Any type of periodontal disease treatment requires good daily care at home. Adding a Waterpik Water Flosser to your oral care routine is one of the most effective ways to improve gum health. The Waterpik Water Flosser uses an effective combination of pulsation and pressure to clean where brushing and flossing can't reach.

Clinical research shows that the Waterpik Water Flosser was up to 50% more effective than traditional string floss and up to 80% more effective than Sonicare® Air Floss (model HX8181) for improving gum health.

# Specific Dental Needs

## Cleaning Braces & Orthodontics

### Cleaning Dental Braces

Dental braces can create oral health problems such as gingivitis and decalcification (white marks), which lead to more serious issues.

- Gingivitis is the earliest sign of gum disease. It appears as red, swollen, and shiny gums that bleed easily. It is caused by plaque that irritates the gum tissue and causes an infection.
- Decalcification affects your tooth enamel, causing white spots or lesions on your teeth. It is caused by a combination of plaque and acid production after you eat and drink. Decalcification is impossible to correct, so prevention is critical.

You can minimize or prevent oral health problems caused by dental braces with good dental and orthodontic care.

#### ***Brushing Your Teeth and Flossing with Braces***

To remove plaque, you should brush around all parts of your dental braces and all of the surfaces of your teeth. Ideally, you should brush after every meal or snack. If you can't brush right away, rinse your mouth well with water.

A manual toothbrush works well if you use it correctly. But when you have brackets, wires, and other hardware in your mouth, you may find it easier to use a sonic toothbrush. Watch your toothbrush head for wear. Due to the brackets and other hardware, you will need to replace the brush head more often.

Even a sonic toothbrush can't remove all of the plaque. You also need to floss to remove the plaque that your toothbrush cannot reach. A floss threader is one method for flossing with braces, but it can be difficult and time consuming.

#### ***Make Flossing With Braces Easier***

An easy and effective way to remove plaque around dental braces and improve gum health is to use a Waterpik Water Flosser with the Orthodontic Tip. It is clinically proven more effective than dental floss for people with braces.

The Orthodontic Tip is designed with a tapered brush on the end to help remove plaque that sticks to the brackets and between your teeth. It also helps flush out the bacteria and food debris from around teeth and under the gums.

#### ***Other Tips for Dental Braces Care***

Using fluoridated toothpaste or adding a fluoride rinse to your routine can help prevent white spots (decalcification) and decay. It's also important to continue your regular dental check-ups during orthodontic treatment.



# Specific Dental Needs

## Cleaning Braces & Orthodontics

### Orthodontic Appliances

Orthodontic appliances, such as palate expanders and the Herbst and MARA appliances, make caring for your teeth and gums more challenging. Orthodontic appliances get in the way of your toothbrush, and they make flossing difficult. And food can become lodged in the appliance, which is unsightly and bad for your teeth.

Preventing buildup of plaque and removing extra food particles are important to maintaining good oral health when you have an orthodontic appliance.



### ***Brushing Your Teeth and Flossing Orthodontic Appliances***

To remove plaque, you should brush around all parts of your orthodontic appliance and all of the surfaces of your teeth. Ideally, you should brush after every meal or snack. If you can't brush right away, rinse your mouth well with water.

A manual toothbrush works well if you use it correctly. But when you have an orthodontic appliance in your mouth, you may find it easier to use a sonic toothbrush. Watch your toothbrush head for wear. Due to the orthodontic hardware in your mouth, you will need to replace the brush head more often.

Even a sonic toothbrush can't remove all of the plaque. You also need to floss to remove the plaque that your toothbrush cannot reach. A floss threader is one method for flossing with orthodontic appliances, but it can be difficult and time consuming.

### ***Make Flossing Easier***

One easy and effective way to remove plaque and improve gum health around orthodontic appliances is to use the Orthodontic Tip with the Waterpik® Water Flosser.

The Orthodontic Tip is designed with a tapered brush on the end to help remove plaque that sticks to appliance parts and between your teeth. It also helps flush out the bacteria and food debris from around teeth and under the gums.

### ***Other Tips for Orthodontic Appliance Care***

Using fluoridated toothpaste or adding a fluoride rinse to your routine can help prevent decay. It's also important to continue your regular dental check-ups during orthodontic treatment.

# Specific Dental Needs

## Best Waterpik Water Flosser for Dental Braces

### Easier cleaning of dental braces and orthodontic appliances

Brushing and flossing dental braces and orthodontic appliances can be a challenge. Waterpik Water Flossers make the job easier, and they are up to 3X as effective as traditional flossing.

Our recommended Water Flossers for dental braces and orthodontic appliances come with the special Orthodontic Tip. It features a tapered brush that removes hard-to-reach plaque around brackets, wires, and other orthodontic hardware.



### ***Choosing the best Water Flosser for you***

Water Flossers for braces and orthodontics include cordless/travel and countertop designs. Select the model below that best fits your needs.

### ***Why is cleaning dental braces and orthodontic appliances important?***

Food particles frequently get caught in brackets and wires. Plaque around brackets can cause decalcification (white spots) on your teeth. And additional hardware can make gum disease harder to prevent.

What are the benefits of a Water Flosser for dental braces and orthodontic appliances?

Using an optimal combination of pressure and pulsation, the Waterpik Water Flosser removes plaque and food particles from brackets and wires, and it massages and stimulates the gums. These actions help reduce plaque and improve gum health.

- Requiring only about 1 minute per day, water flossing is easier and faster than flossing with dental floss or a floss threader
- Water flossing removes trapped food from dental braces and orthodontic appliances
- An independent clinical study shows that Waterpik Water Flossers are up to 3X as effective than dental floss and up to 5X as effective as a manual toothbrush for cleaning around braces
- The specially designed the Orthodontic Tip removes plaque around brackets and wires

# Specific Dental Needs

## Caring for Dental Works

### Crowns, Bridges, and Veneers Care

A crown covers most or all of a damaged tooth, and a bridge attaches to two or more crowns to fill the space of a missing tooth. A veneer is a thin, tooth-colored piece cemented onto the front of a tooth. It can improve the look of stained or badly shaped teeth and close small spaces or gaps between teeth.



### ***Oral Health and Crowns, Bridges, and Veneers***

Crowns, bridges, and veneers require good oral health care to protect your investment and maintain the health of your natural teeth. If you have trouble brushing or flossing around dental work, plaque can accumulate and lead to gingivitis and gum disease. And teeth covered by veneers or crowns are still susceptible to tooth decay.

You can minimize or prevent oral health problems caused by dental work with good daily home care and regular dental check-ups.

### ***Cleaning Dental Work and Removing Plaque***

Dental work like bridges and crowns can be challenging to keep clean. The Waterpik Water Flosser is designed to clean around all types of dental work and restorations. Unlike dental floss, the unique water pulsating action helps clean under the bridge and around crowns where bacteria and food can get trapped.

The Plaque Seeker Tip provides additional plaque removal around all types of dental work. Clinically proven more effective than dental floss for improving gum health, the Plaque Seeker Tip is designed to provide the benefits of pulsating water. It has three thin tufts of bristles to access stubborn plaque around crowns, bridges, veneers, and other areas that are especially susceptible to plaque accumulation.

# Specific Dental Needs

## Caring for Dental Works

### Dental Implant Care

Dental implants are surgically placed in the jawbone where teeth are missing. They can replace the roots of missing teeth and also support single crowns, bridges, and dentures.

A dental implant consists of three parts: the titanium post that duplicates the root of a tooth, the abutment that attaches to the post, and the crown that attaches to the abutment. The crown resembles a natural tooth and is visible in the mouth.

### ***Dental Implants and Gum Health***

Dental implants are made from synthetic materials, so they are not affected by tooth decay. However, gum health is important for long-term implant success. Good oral health care and regular dental check-ups are important for maintaining your gum health after a dental implant.



Plaque and bacteria that form around an implant can cause inflammation and lead to peri-implant disease, such as peri-implant mucositis (similar to gingivitis) and peri-implantitis (similar to periodontitis). Daily cleaning of all the surfaces above and below the gumline is critical to preventing peri-implant disease.

### ***Cleaning Above and Below the Gumline***

Dental implants are easy to clean if you follow a few simple techniques. A manual, power, or sonic toothbrush with soft bristles and a Waterpik Water Flosser with the Plaque Seeker Tip can clean around implants above the gum line.

# Specific Dental Needs

## Handling Dental Challenges

Good daily oral care and regular dental check-ups are important for your dental health and overall well-being. But certain conditions, diseases, and behaviors can make caring for your teeth and gums more challenging. They can also increase the risk of gum disease, gingivitis, and periodontitis.

If you are experiencing a condition that affects your tooth and gum health, effective oral health care at home can help. Your dentist will recommend a prevention or treatment plan that is best for you, and it is certain to include daily brushing and flossing.

Using the most effective home care methods helps you make the most of your daily oral health routine. Waterpik oral health care products are effective, easy to use, and clinically proven to remove plaque, reduce gingivitis, and improve gum health.

*Click on the tabs below for more information.*



***Kids***

***Diabetes***



***Pregnancy***



***Bad Breath***



***Smoking***

