



Oral Infection Control

The goal of infection control is removal of the bacterial infection that is under the “gum”. This is accomplished in the following ways, recommended in this order:

- I. BRUSH with Oxyfresh paste.
BRUSH always with an “extra soft” toothbrush.
BRUSH the cheek side of the teeth at a 45-degree angle to the “gum”, jiggle 8 to 10 times, then sweep the plaque out.
(Remember not to “scrub” back and forth.)
BRUSH the tongue side of the teeth by holding the toothbrush straight up and down while jiggling up and down, then sweep the plaque out.
- II. RINSE with Oxyfresh rinse.
- III. FLOSS daily.
- IV. PROXYBRUSH between teeth (against each individual tooth) and push bristles under “gum” as you clean the teeth. Use the proxybrush from the tongue side and the cheek side of the teeth.
- V. GAUZE behind all back teeth and anywhere there is space between your teeth.
- VI. WATER PIK ***after*** all brushing and proxybrushing, never prior to steps I-IV.
- VII. FLUORIDE daily to protect against plaque buildup, sensitivity, and cavities; recommended at night. After using fluoride paste, **do not** eat, drink or rinse out with water.

We are always here to help you in your journey towards a healthy mouth which leads to improving your overall health. Call us if we can review any of these steps or if you have questions (770-832-0089).

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