



How to instructions

The use or Oral Irrigators such as the Waterpik



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Oral Irrigators, sometimes known as water flossers or Waterpik, are one way to removal food and bacterial buildups in between your teeth. While not as thorough as flossing and interdental brushing, they can be a useful tool and are often favoured by patients.

To use an oral irrigator, start by filling the water reservoir tank with warm water and place it on the base. Then select a tip (usually a classic tip is appropriate for day-to-day use) and

click it into the handle firmly. Select the lowest pressure and place the tip into the mouth while the unit is still off. Then aim at the spaces between the teeth and turn on the unit. Close your lips partially to avoid water splashing. As it can get messy and wet, it is best to do this over the bathroom basin.

Like toothbrushing, it is best to start at the gumline at the back of the mouth and move forwards systematically towards the front teeth and then all the way to the opposite side of the mouth. Do both the lip and tongue sides of the teeth. An expert tip is to pause briefly in between each pair of teeth to ensure that the waterjet cleanses the interdental spaces. Please read and follow the instructions from the manufacturer. However, generally, you should use the oral irrigator for 1 minute at a time, twice daily.