

Oral Irrigator

Practicality of using an oral irrigator

Cleaning your teeth and gums with an oral irrigator can be a great idea for several reasons.

Many people use the powered stream of water to help remove bacteria that cause tooth decay and gum disease. Others use an oral irrigator because it makes it easier to clean around braces, bridgework and implants. Some use an oral irrigator to help control periodontal disease.

No matter why you choose an oral irrigator, you will get the best results when you correctly use it.



Easily cleans around braces



Rinsing below the gumline



Hold tip at a 90° angle



How to use an oral irrigator

Begin by filling the reservoir with lukewarm tap water according to the manufacturer's directions. Depending on your situation, we may recommend that you use saline (salt mixed with water), an antiseptic mouthwash, or a medicated solution instead of water.

Choose the best tip for your oral condition. If you are using a regular tip, place it at a 90-degree angle to the gumline, almost touching the tooth. If you are using a tip that is designed for rinsing below the gumline, place it against the tooth at a 45-degree angle, and gently move the tip into the tiny groove between the tooth and gum.

Set the pressure to the lowest setting and turn on the irrigator. Close your lips slightly, allowing the liquid to flow out of your mouth.

Move the tip along the gumline, pausing for a few seconds at the spaces between the teeth. If you are rinsing below the gumline, make sure to reach into each gum groove as you go. Irrigate around all the teeth, especially the back teeth.

How we can help

Ask us if you have any questions about choosing or using an oral irrigator. We are happy to offer tips for keeping your teeth and gums clean and healthy.