



Periodontics

Waterpik technique and placement recommendations

- 1) Fill the reservoir with water. We do not recommend using mouthwash, bleach, etc in the waterpik, water works best.
- 2) Start with a low water pressure setting and gradually increase as you get used to using your waterpik. After a few days, you should be using the waterpik daily on a medium setting. Dr. Mabry **does not** recommend you use the waterpik on a high or maximum setting as this could cause harm to your gums. Check your pressure setting before using it daily.
- 3) Once you turn the waterpik on, water will pulsate out of the tip. You will want to place the tip in your mouth before turning the waterpik on. Slightly close your lips around the tip to avoid splashing. For best results, start in the molar (back teeth) and work toward the front teeth.
- 4) Dr. Mabry recommends that you only use the waterpik from the face/cheek side of the teeth. There is no need to turn the tip to the palate or tongue side of your teeth.
- 5) When using the waterpik, you will irrigate between your teeth for about 3-5 seconds to allow the water to remove any plaque and debris between the teeth and the gums. **It's very important that you direct the water stream straight between the teeth and not spray directly into your gums.** Spraying directly into the gums over time could cause harm to your gum tissue.
- 6) Most waterpik units have a "pause button" that allows you to temporarily pause the water stream as you move to the next tooth. Some patients prefer not to use the pause and just lean low over the sink and allow the water to fall out of your mouth as you use it.
- 7) If you have any questions about technique and placement, please feel free to ask.