

# Patient Home Care Instructions

**STEP 1:** Using your Oxyfresh Toothpaste, apply a pearl-size drop onto a soft-bristled toothbrush. Angle the bristles toward the gum tissue and massage gently into the gums using a circular motion. Brush for a full 2 to 3 minutes.

*\*Oxyfresh Toothpastes are super-concentrated and should last up to 4 months!*

**STEP 2:** Expectorate but do not rinse with water.

**STEP 3:** Clean your tongue using your Oxyfresh Tongue Cleaner. Hold the Oolitt® firmly at both ends and bend into a U (not necessary with the Oolitt® Elite). With the rippled edge toward the extended tongue, gently sweep from back to front and rinse debris. Repeat 2 to 3 times. Use after every brushing. As with your toothbrush, change your tongue cleaner every 3 months, or if you become ill (whichever comes first).

*\*Tongue cleaning is an essential part of total and complete oral health. Cleaning your tongue with a tongue cleaner versus your toothbrush can remove up to 75 percent of the bacteria responsible for disease and bad breath!*

**STEP 4:** Floss between all teeth as directed by your dental professional.

**STEP 5:** Use 1 to 2 capfuls of Oxyfresh Mouthrinse in a separate cup. DO NOT put your mouth to the bottle and DO NOT use water. Vigorously swish for a minimum of ONE MINUTE. For best results, do not rinse, eat or drink for up to 30 minutes.

## FOR EXTENDED ORAL HEALTH BENEFITS:

**STEP 6:** If using the OxyCare™ 3000, place 1 to 2 capfuls of Oxyfresh Mouthrinse in the reservoir with warm water. Adjust setting for maximum comfort. Irrigate by tracing the contour of the gumline with the pulsing stream of solution at a 90-degree angle to the tooth. Pay close attention to areas of food impaction, crowding, under bridgework, implants, around orthodontic wires and bands, and areas that tend to bleed with flossing. To minimize any spills, lean over the sink holding your elbow up. Utilize the water jet button to pause the stream and re-position as needed.

*\*If you are accustomed to using irrigators, you will love this unit. It utilizes hydromagnetics, making it 44% more effective than traditional irrigators. It is fun and safe for the entire family to use.*

**STEP 7:** If using Dental Gel, apply liberally to affected tissues using your Health Brush or cotton-tipped applicator. Leave for several minutes. Expectorate. For best results do not rinse, eat or drink for up to 30 minutes.