

## PERSONAL ORAL HYGIENE INSTRUCTIONS

### TO SHOW BACTERIAL COLONIES

Place a disclosing wafer in your mouth and slowly dissolve. Push the wafer around the teeth with your tongue to bring the wafer in contact with the front, sides and insides of all your teeth.

### INSPECTION

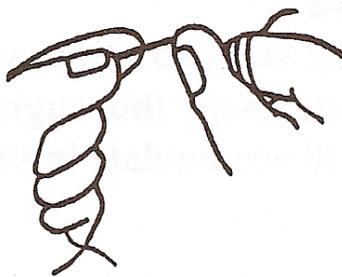
Using a well lighted mirror examine your mouth. The bright red areas are the living bacteria.

### BRUSHING

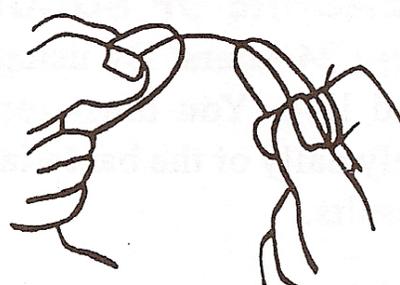
The most important areas to be cleaned with the toothbrush are (a) the biting surfaces in the pits and grooves, (b) the sides of the teeth and, (c) the space between the gums and the teeth. Brush the stained material away with short strokes, applying the tips of the bristles to the area with light pressure, and moving the brush back and forth with a vibrating or circular motion. This type of brushing will dislodge the soft stained material by the digging action of the ends of the bristles wherever they can be applied. Flaring of the bristles indicates too much pressure is being used.

### FLOSSING

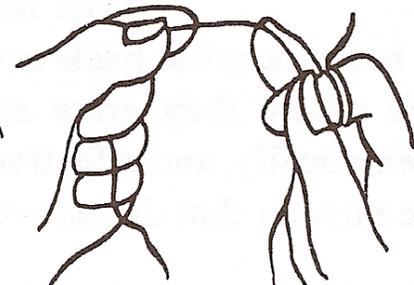
Cut off a piece of floss about 2 feet long. Wrap one end around the right index finger for the purpose of anchoring or holding. Use the right thumb to hold the floss against the right index finger. Grasp the floss with the left hand so that the length of floss, about one inch long, is between the hands. The following illustrations show how to hold the floss in the different areas of the mouth.



UPPER RIGHT TEETH



UPPER LEFT TEETH



ALL LOWER TEETH

Slip the floss between each pair of teeth by drawing it gently and slightly back and forth. Carry the floss under the gum until you feel definite resistance without discomfort, and then scrape it up along the sides of both teeth.

## RINSING

After cleaning all the teeth with dental floss, rinse your mouth by forcing water vigorously back and forth between the teeth in order to remove material that has been loosened or dislodged but not removed by the floss.

## REINSPECTION

After brushing and flossing your teeth, re-examine them carefully. Any red stained areas remaining should be removed. It is not possible to remove absolutely all of the adherent stained material. The important thing is to reduce its thickness appreciably. By morning, all traces of the stain will be gone from the mouth.

## GENERAL INFORMATION

Before retiring is the most important time for cleaning the teeth and the proper time for staining and thorough P.O.H. The important thing is to be sure you remove the new growth of bacteria.

Your gums may bleed slightly and become tender during your first two weeks on P.O.H. This soon ceases and the previously inflamed tissue rapidly heals. No bleeding or discomfort will be experienced from any reasonable manipulations of the brush or floss in the future.

Stain your teeth every night for the first week, then clean the teeth to remove the stain. The second week, clean your teeth first and then stain them to see if you missed any area. After you learn the correct personal hygiene method, the stain will no longer be necessary for daily use. Use it to check yourself once a week from then on.

## THE MEASURE OF SUCCESS

The bacteria grow back every 24 hours. By using the stain solution, you know where they grow and live. You must remove them thoroughly, systematically, and effectively daily or the bacteria will accumulate in such large number that disease results.

**NO ONE CAN DO IT FOR YOU THE SUCCESS OF THIS TREATMENT RESTS SOLELY IN YOUR HANDS**

