

Managing Periodontal Disease

Brushing

- Brushing at least twice a day for 2 minutes using a soft brush
- Concentrate around the gum line and particularly around your back teeth, both on the inside and outside
- Focus on areas which are bleeding and swollen. These areas will stop bleeding after a week of careful brushing and flossing
- Consider an electric toothbrush as they do a better job and reach further back than manual brushes. If buying one, you do not have to buy the most expensive one available. A basic electric toothbrush can be bought for ~\$30, just make sure that it is rechargeable to avoid battery replacements.



Flossing

- Floss once a day (does not matter if it is in the morning, noon or night; as long it is done once a day)
- Use Oral B – Satin Floss or Reach Dentotape to avoid floss shredding
- Tie the floss in a loop to make flossing easier
- Do not worry about bleeding. Your gums are bleeding due to bacteria around your gums and not due to the floss cutting your gums. Proper flossing will stop the bleeding within 1 week.
- Consider flossers (floss on a stick) if you find handling the floss difficult



Interdental Brushes (Piksters)

- Piksters are an alternative to floss in cases where the gaps in between your teeth are too big for floss
- Use them every time you brush
- Piksters come in a variety of sizes. If you are having difficulties passing them through your teeth, switch to a smaller size.
- Change them over when the bristles become furry



Mouthwash (Curasept Rinse)

- 10mL rinsing for 1 minute twice a day after brushing for 2 weeks
- Do no use for longer than a 2 week period and repeat if bleeding gums return
- An alternative to Curasept Rinse is Colgate Savacol Alcohol Free Mouthwash (Please ensure that the rinse is alcohol-free as alcohol may dry out the mouth)

