

Dr O's Oral Hygiene Home Care Instructions

Dr. O'Rielly strategies below will help to improve your gum health and lower inflammation. If you have gum disease further treatment will be necessary. This will be explained by your local dentist basis, depending on your particular situation. For 80% of the population, I recommend the following steps:

1. Brush your teeth with an herbal rinse or toothpaste of your choice. Spit out.
2. Use a 'rubber tip' to wipe along the gum line to remove the white film there called plaque. Do this on the outside and inside of the teeth. It's actually called a Stimulator made by G.U.M and is available on Amazon.
3. Pick up baking soda on the toothbrush and massage it along the gum, on the inside and outside of all your teeth, and then spit out. Use light pressure as baking soda is slightly abrasive.
4. Floss your teeth to further distribute the baking soda. You can also use Soft-Pick by GUM or a Doctor's Brushpick with a mixture of baking soda and a solution of 50% water and 50% hydrogen peroxide. The Soft-Pick is good for massaging your gums and is available at your local pharmacy. The Brushpick is handy for tighter spaces. This solution is also really good for cleaning your toothbrush, which you should replace every 3 months.

If your gums are relatively healthy and you have a waterpik you can use the following rinse:

- In a jar or cup pour about $\frac{1}{4}$ to $\frac{1}{2}$ inch of your favorite salt with $\frac{1}{2}$ to $\frac{3}{4}$ inch of baking soda and stir with at least 3-5 inches of clean water. Let it sit so the water becomes saturated. The excess salt will precipitate out. If there is still a lot of powder at the bottom, you can add more water until there is very little precipitate at the bottom.
- Dilute one part salt solution with 3-4 parts water for use it the waterpik. You can pour the excess salt solution into another jar to save for later, but make sure it's closed. After you are done irrigating pour the salt solution out and refill the well with water.
- Continue rinsing into the sink so that the water cleans all salt out of the tubing and internal components of the waterpik. If salt remains in the waterpik it will clog it up and it will no longer work.

Another practice that has been used since ancient times in India is called oil-pulling. This can really help to keep the terrain healthy in your mouth. Best done first thing in the morning before brushing: Use 1-2 tbs. organic oil. Coconut oil is good to use because it also has anti-microbial properties. 2 drops of organic oil of oregano can be added for its natural antibiotic properties. Other oils may be added for additional health benefits: myrrh to tonify the gums; coriander or cilantro for heavy metal detox may be added. Another excellent essential oil for oral health is tea tree oil (melaleuca) because it creates a surface where plaque is less likely to adhere. Swish through teeth for 3-5minutes.

Do not swallow. The oil will mix with the saliva in your mouth and the enzymes within the saliva until it is watery. Spit into a cup or other receptacle, not into the sink or toilet as the oil will start to build up and clog the drain. Rinse and gargle with warm salt water or mouthwash and spit out completely.