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Anti-Microbial Treatment for Managing Periodontal Disease

Home Irrigation Suggestions

Current research has provided growing information, which tells us how benefits are obtained by irrigating under the gum line. As you know, bacteria hide under the gum line and cause the low-grade periodontal infection which leads to bone loss. The treatment we have done was designed to disrupt, detoxify, devitalize and disperse those bacteria which grow under the gums, and to seal the gums back to the teeth where possible.

Simply using household bleach (CLOROX) is an effective way to manage this infection. It is a strong and effective antiseptic, but be careful, and WATCH GETTING IT ON CLOTHING/TOWELS.

We recommend a mix of one (1) teaspoon of regular (8.25%) Clorox in 200-300 mL of water in your Water Pik Reservoir. This dilutes to a concentration that is very safe when used as directed. NOTE: A fresh mix must be made each time.

It is recommended that you use this **only two times per week** with the irrigator set to medium, or lower if more comfortable, and that you use the small **Pik Pocket Tip** available for Water Pik branded products, or similar small tips are available for **ViaJet** from OraTec.

(Water Pik, Inc 1-800-525-2020) (ViaJet from OraTec 1-800-368-3529)

Aim it down into the gums. Hold for 5 seconds between each tooth or longer in problem areas. Be sure to put the irrigator tip in your mouth before turning on the unit, and bend over the sink, allowing the water to flow into the sink.

We also urge **the daily use of Fluoride** when on this program.

NOTE: Bleach will cause the Water Pik to break down sooner, and may require replacement every year or two. A longer lasting water irrigator is ViaJet from OraTec.

Again: WATCH GETTING CLOROX ON FABRICS!

An ALTERNATIVE to irrigating with the Clorox is RINSING for 30 seconds twice a week. It is as effective as irrigation. If you prefer this method mix with 1 teaspoon of 8.25% Clorox, or 1.5 teaspoon of 6% Clorox to a large 8 oz glass of water (fresh each time). Keeping the bleach in a small bottle will be easier to dispense to a glass.

NOTE: The American Dental Association has designated this dilution of bleach as a "mild antiseptic mouth rinse that is safe".

A few drops of Peppermint liquid flavor from the baking aisle can help with the taste.

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