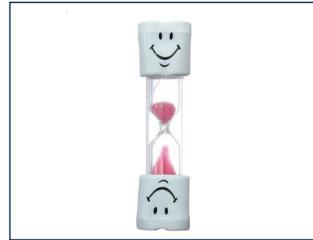


Gentle Brushing Technique To Protect Thin Gums

Dr. Pickard recommends the following tooth brushing technique to protect thin gum tissue and reduce the risk of gum loss:



1st

Use **warm** water to soften toothbrush bristles.

2nd

Without toothpaste, gently brush region with thin gums using circular motion.

3rd

Apply toothpaste and brush the rest of your teeth using the “**WIGGLE, WIGGLE, SWOOSH**” technique.

4th

Brush for **two minutes** at least **two times/day!**

5th

Don't forget to gently **floss** both sides of every tooth!

6th

Invest in a **WaterPik®** water flosser to:
1) Keep thin gums healthy; 2) Keep teeth clean with braces.

Please contact our office if you have any questions or concerns:

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