



*Lexington Dental Care*

BRENDA J. NISHIMURA, DDS, FAGD  
FELLOW OF ACADEMY OF GENERAL DENTISTRY

## **Best Home Care Routine for Sensitive Teeth**

### **To be done 2 times daily**

**\*WaterPik** with 6 to 8 drops of bleach in warm water and fill waterpik reservoir to top.

Use the Classic Jet Tip held 90 degrees to gum line. You will find a waterpik

instructional video on our website under informational videos.

### **\*iOS 7 series Oral B electric toothbrush**

Use sensitive gum head and replace every 3 months

Brush teeth with just warm water (No Toothpaste)

Apply a low abrasion toothpaste with manual brush or finger without scrubbing, allow to “soak” on teeth for several seconds and then expectorate.

### **\*Flossing or SoftPiks**

This method we find to be the most effective to reduce inflammation while not causing wear to the enamel and root areas or trauma to the gums.